

CHAPTER IV
OTHER FOODS

ROLLED WHEAT OR OATMEAL CAKE *

Makes 100 servings.
2 pans – 18” x 26” x 1”

Bake in 350° oven.

INGREDIENTS

MEASURES

| | | |
|---|-----------------------------|-------|
| Boiling water | 2 qts. & 1 pt. (or 10 cups) | _____ |
| Rolled oats <u>or</u> rolled wheat | 2 qts. (or 8 cups) | _____ |
| White sugar | 2 qts. (or 8 cups) | _____ |
| Brown sugar | 2 qts. (or 8 cups) | _____ |
| Butter, margarine, <u>or</u> shortening | 1 qt. (or 4 cups) | _____ |
| Shell eggs ** | 16 | _____ |
| Salt | 4 tsps. | _____ |
| Soda | 8 tsps. | _____ |
| Cinnamon | ¼ cup (or 4 Tbsps.) | _____ |
| Sifted flour | 3 qts. (or 12 cups) | _____ |
| Vanilla | ½ cup | _____ |
| Nuts <u>or</u> raisins, if desired | 1 qt. (or 4 cups) | _____ |

** 2 2/3 cups dried eggs, sifted, plus 2 2/3 cups water may be substituted for Shell eggs.

DIRECTIONS:

1. Pour boiling water over rolled oats, let cool.
2. Cream butter or shortening, sugar, and eggs.
3. Dredge nuts or raisins with 2 cups of the sifted flour.
4. Sift all dry ingredients and add to creamed mixture. Mix thoroughly.
5. Add soaked wheat or oats, vanilla and nuts. Mix.
6. Pour in two 18” x 26” x 1” greased pans.
7. Bake at 350° F. approximately 45 minutes.
8. Spread with topping while hot.

USE WITH TOPPING ON NEXT PAGE – Page 109

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|---------|--------|
| Calories..... | 329 | Iron..... | 1.98 Mg | Protein..... | 4.90 G | 5.95% |
| Cholesterol..... | 34 Mg | Calcium..... | 36.40 Mg | Carbohydrates..... | 58.10 G | 70.54% |
| Sodium..... | 214 Mg | Vitamin A..... | 88 RE | Total Fat | 9.09 G | 24.84% |
| Fiber..... | 2.11 G | Vitamin C..... | 0.28 Mg | Saturated Fat..... | 1.79 G | 4.88% |

- Temple Hill School, Barren Co., KY.

TOPPING FOR ROLLED WHEAT OR OATMEAL CAKE ***INGREDIENTS**

Butter
Coconut
Brown sugar
Vanilla

MEASURES

1 qt. (or 4 cups)
1 qt. (or 4 cups)
2 qts. (or 8 cups)
8 tsps.

DIRECTIONS:

1. Combine ingredients and spread over cake as soon as it is taken from the oven.
2. Return to oven, brown topping at 500° F., or cook topping over low heat for 5 to 10 minutes before spreading over cake.

| | |
|---------------------------|-----------------|
| Number of Portions | 100 |
| Size of Portion | 2 Tbsps. |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|---------|--------|
| Calories..... | 149 | Iron..... | 0.40 Mg | Protein..... | 0.17 G | 0.45% |
| Cholesterol..... | 0 Mg | Calcium..... | 17.14 Mg | Carbohydrates..... | 19.05 G | 50.97% |
| Sodium..... | 17 Mg | Vitamin A..... | 72 RE | Total Fat | 8.44 G | 50.83% |
| Fiber..... | 0.16 G | Vitamin C..... | 0.01 Mg | Saturated Fat..... | 2.41 G | 14.54% |

- Temple Hill School, Barren Co., KY.

CHOCOLATE ROLLED WHEAT OR OATMEAL CAKE *

Makes 100 servings.

Bake in 350° oven.

| INGREDIENTS | WEIGHTS | MEASURES | |
|-------------------------|--------------|---------------------|-------|
| Rolled wheat or oatmeal | 1 lb. 12 oz. | 2 qts. (or 8 cups) | _____ |
| Water, boiling | | 3 qts. (or 12 cups) | _____ |
| Sugar | 4 lbs. | | _____ |
| Brown sugar | 2 lbs. | | _____ |
| Shortening | 2 lbs. | | _____ |
| Shell eggs ** | | 16 | _____ |
| Flour | 2 lbs. | | _____ |
| Vanilla | | 3 Tbsps. | _____ |
| Cocoa | 9 ¾ oz. | 3 cups | _____ |
| Baking soda | | 2 Tbsps. & 2 tsps. | _____ |
| Salt | | 1 Tbsp. & 1 tsp. | _____ |

** 2 2/3 cups sifted dried eggs and 2 2/3 cups water may be substituted for 16 shell eggs.

DIRECTIONS:

1. Pour boiling water over wheat or oats, stir and let stand. Mix sugars, shortening and eggs on low speed mixer. Add vanilla, oat mixture, and sifted dry ingredients. MIX WELL.
2. Pour into two, well greased and floured 18" x 26" sheet pans.
3. Bake at 350° F. oven approximately 35 minutes or until done and brown.
Frost with topping for Rolled Wheat or Oatmeal Cake – Previous page - Page 109.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|---------|--------|
| Calories..... | 285 | Iron..... | 1.67 Mg | Protein..... | 4.55 G | 6.39% |
| Cholesterol..... | 34 Mg | Calcium..... | 23.89 Mg | Carbohydrates..... | 43.69 G | 61.32% |
| Sodium..... | 211 Mg | Vitamin A..... | 15 RE | Total Fat | 11.18 G | 35.29% |
| Fiber..... | 2.42 G | Vitamin C..... | 0.00 Mg | Saturated Fat..... | 2.89 G | 9.13% |

- Adapted from *Recipes Using Rolled Wheat* from Test Kitchen, Kansas Wheat Commission, 1021 N. Main, Hutchinson, KS.

CHOCOLATE FUDGE CAKE *

Makes 100 servings.
2 pans , 18" x 26" x 1"

Bake in 350° oven.

| INGREDIENTS | WEIGHTS | MEASURES | |
|----------------------|---------------------|------------------------|-------|
| Shortening or butter | 14 oz. | 1 $\frac{3}{4}$ cups | _____ |
| Sugar | 2 lb. | 4 $\frac{1}{4}$ cups | _____ |
| Shell Eggs ** | | 9 | _____ |
| Flour | 1 lb. 4 oz. | 5 cups | _____ |
| Baking powder | | 1 $\frac{1}{2}$ Tbsps. | _____ |
| Soda | | 1 $\frac{1}{4}$ Tbsps. | _____ |
| Salt | | 1 Tbsp. | _____ |
| Non-fat dry milk | 3 $\frac{1}{4}$ oz. | $\frac{3}{4}$ cup | _____ |
| Cocoa | 4 oz. | 1 cup | _____ |
| Water | | 3 $\frac{1}{4}$ cups | _____ |
| Vanilla | | 1 Tbsp. | _____ |

** 1 $\frac{1}{2}$ cups sifted dry whole eggs and 1 $\frac{1}{2}$ cups water may be substituted for 9 shell eggs.

DIRECTIONS:

1. Cream shortening, sugar and eggs.
2. Sift dry ingredients and add alternately with water, add vanilla.
3. Pour into greased and floured baking pans. Bake at 350°F. for 30 minutes.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|---------|--------|
| Calories..... | 100 | Iron..... | 0.51 Mg | Protein..... | 1.70 G | 6.80% |
| Cholesterol..... | 19 Mg | Calcium..... | 28.02 Mg | Carbohydrates..... | 14.39 G | 57.55% |
| Sodium..... | 151 Mg | Vitamin A..... | 9 RE | Total Fat | 4.22 G | 38.00% |
| Fiber..... | 0.45 G | Vitamin C..... | 0.06 Mg | Saturated Fat..... | 1.12 G | 10.08% |

- Submitted by Mrs. Mary Green, Manager, Turkeyfoot Jr. High, Kenton Co., KY.

CHOCOLATE WET CAKE *

Makes 100 servings – Cut 50 per pan.
2 Sheet pans - 18" x 26" x 2"

Bake in 350° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Water

4 ½ lbs.

5 1/3 cups

Butter or margarine

1 1/3 lbs.

1 1/3 cups

Shortening

1 1/3 lbs.

2 2/3 cups

Cocoa

1 1/3 lbs.

1 ½ cups

Bring the above to a boil.

Mix:

Flour

2 2/3 lbs.

10 2/3 cups

Sugar

5 1/3 lbs.

10 2/3 cups

Shell Eggs

9

Soda

2 2/3 Tbsps.

Cinnamon

2 Tbsps.

Sour milk or buttermilk

2 2/3 cups

Vanilla

2 Tbsps.

DIRECTIONS:

1. Add boiling mixture to sugar and flour mixture. Add other ingredients and MIX WELL.
2. Pour batter into greased and floured sheet pans – approximately 7 lbs. per pan.
3. Bake at 350° F. for 30 minutes or until done and brown.
4. Cook cake and frost if desired.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|--------|--------|
| Calories..... | 215 | Iron..... | 0.93 Mg | Protein..... | 2.43 G | 4.52% |
| Cholesterol..... | 19 Mg | Calcium..... | 16.15 Mg | Carbohydrates..... | 32.88G | 61.19% |
| Sodium..... | 114 Mg | Vitamin A..... | 33 RE | Total Fat | 8.70 G | 36.44% |
| Fiber..... | 0.86 G | Vitamin C..... | 0.11 Mg | Saturated Fat..... | 2.12 G | 8.87% |

- Recommended by Mrs. Sylvia Elam, Former Employee, Division of School & Community Nutrition. Recipe from Knox Co. Central High School, Knox Co., KY.

QUICK CHOCOLATE FROSTING *

| INGREDIENTS | WEIGHTS | MEASURES | |
|-----------------|------------|--------------------|-------|
| Milk | | 2/3 cup | _____ |
| Cocoa | | ¾ cup | _____ |
| Vanilla | | 2 Tbsps. | _____ |
| Butter | 1 1/3 lbs. | | _____ |
| Sugar, powdered | 1 ¾ lb. | 1 qt. & 1 1/3 cups | _____ |

DIRECTIONS:

1. Bring to boil milk, cocoa and butter. Add to powdered sugar in mixer and mix.
2. Add vanilla and beat well. Spread on cooled cake.

| | |
|---------------------------|-----------------|
| Number of Portions | 100 |
| Size of Portion | 2 Tbsps. |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|--------|--------|
| Calories..... | 77 | Iron..... | 0.10 Mg | Protein..... | 0.21 G | 1.09% |
| Cholesterol..... | 0 Mg | Calcium..... | 3.93 Mg | Carbohydrates..... | 8.39 G | 43.42% |
| Sodium..... | 1 Mg | Vitamin A..... | 49 RE | Total Fat | 5.01 G | 58.30% |
| Fiber..... | 0.21 G | Vitamin C..... | 0.02 Mg | Saturated Fat..... | 0.99 G | 11.58% |

- Recommended by Mrs. Sylvia Elam, Former Employee, Division of School & Community Nutrition. Recipe from Knox Co. Central High School, Knox Co., KY.

CHRISTIAN COUNTY CHOCOLATE CAKE *

Makes 150 – 2” x 2” servings.

Bake in 375° oven.

INGREDIENTS**WEIGHTS****MEASURES**

| | | | |
|----------------------|--------|---------------------|-------|
| Flour | 3 lbs. | 3 qts. (or 12 cups) | _____ |
| Cocoa | ½ lb. | 2 cups | _____ |
| Baking powder | | 4 tsps. | _____ |
| Soda | | 4 tsps. | _____ |
| Salt | | 4 tsps. | _____ |
| Shell eggs ** | | 6 | _____ |
| Buttermilk | | 1 qt. (or 4 cups) | _____ |
| Oil or melted butter | 2 lbs. | 1 qt. (or 4 cups) | _____ |
| Vanilla | | 4 tsps. | _____ |
| Boiling water | | 3 cups | _____ |
| Sugar | 4 lbs. | 2 qts. (or 8 cups) | _____ |

** 1 cup sifted dried eggs and 1 cup water may be substituted for 6 shell eggs.

DIRECTIONS:

1. Mix all dry ingredients at low speed for 3 minutes.
2. Add buttermilk, oil or melted butter, and vanilla; add boiling water last; Mix.
3. Bake at 375° F. for 30 minutes or until done and brown.

| | |
|---------------------------|---------------|
| Number of Portions | 150 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|---------|--------|
| Calories..... | 138 | Iron..... | 0.68 Mg | Protein..... | 1.72 G | 5.01% |
| Cholesterol..... | 9 Mg | Calcium..... | 19.01 Mg | Carbohydrates..... | 19.30 G | 56.05% |
| Sodium..... | 120 Mg | Vitamin A..... | 4 RE | Total Fat | 6.33 G | 41.34% |
| Fiber..... | 0.65 G | Vitamin C..... | 0.06 Mg | Saturated Fat..... | 1.19 G | 7.77% |

- Developed by Mrs. Del Proffitt, Christian Co. High School; submitted by Mrs. Helen Davis, Former Director, Todd Co. School Lunch Program, Todd Co., KY.

CRUMB CAKE *

Makes 100 servings.
2 pans – 18” x 26” x 1”

Bake in 350° oven.

| INGREDIENTS | WEIGHTS | MEASURES | |
|---------------------|------------|----------------------|-------|
| Butter or margarine | 2 lbs. | 1 qt. (or 4 cups) | _____ |
| Brown sugar | 5 1/3 lbs. | 4 qts. (or 16 cups) | _____ |
| Sifted flour | 5 lbs. | 5 qts. (or 20 cups) | _____ |
| Shell eggs ** | | 6 | _____ |
| Salt | | 1 Tbsp. | _____ |
| Soda | | 4 tsps. | _____ |
| Sour milk | | 1 ¼ qts. (or 5 cups) | _____ |

** 1 cup sifted dried eggs and 1 cup water may be substituted for 6 shell eggs.

DIRECTIONS:

1. Cream butter and brown sugar. Add flour and salt; mix to crumb stage. Set aside 6 cups of crumb mixture for topping.
2. Add soda to sour milk; add beaten eggs and dry ingredients to sour milk. Pour into 2 greased 18” x 26” x 1” pans.
3. Spread crumb mixture over batter. Bake at 350°F. for 25 minutes or until done.
4. Sprinkle cake with confectioner’s sugar while warm.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|---------|--------|
| Calories..... | 298 | Iron..... | 1.88 Mg | Protein..... | 3.41 G | 4.58% |
| Cholesterol..... | 13 Mg | Calcium..... | 51.12 Mg | Carbohydrates..... | 54.12 G | 72.72% |
| Sodium..... | 152 Mg | Vitamin A..... | 79 RE | Total Fat | 7.90 G | 23.88% |
| Fiber..... | 0.67 G | Vitamin C..... | 0.13 Mg | Saturated Fat..... | 1.55 G | 4.69% |

- Submitted by Mrs. Laura Sache, Former Manager, Goldsmith and Seneca Schools, Jefferson Co., KY.

EGGLESS, BUTTERLESS, MILKLESS CAKE *

Makes 150.
3 ¼" x 2 ½" servings

Bake in 350° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Shortening

1 ¼ lbs.

2 ½ cups

Hot water

1 gal. & 1 qt.

Raisins

1 gal. & 1 qt.

Salt

6 2/3 Tbsps.

Cinnamon

6 2/3 Tbsps.

Cloves

6 2/3 Tbsps.

Soda

6 2/3 Tbsps.

Flour, sifted

1 gal. & 1 qt.

Brown sugar

1 gal. & 1 qt.

DIRECTIONS:

1. Combine all ingredients except flour and sugar in kettle and bring to a boil.
2. Boil for 5 minutes. Let mixture cool.
3. Add flour and sugar and mix well. Divide batter into pans.
4. Bake at 350° F. for 30 to 35 minutes or until done and brown.

| | |
|---------------------------|---------------|
| Number of Portions | 150 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|---------|--------|
| Calories..... | 223 | Iron..... | 1.69 Mg | Protein..... | 2.37 G | 4.26% |
| Cholesterol..... | 0 Mg | Calcium..... | 34.74 Mg | Carbohydrates..... | 47.12 G | 84.60% |
| Sodium..... | 494 Mg | Vitamin A..... | 0 RE | Total Fat | 3.74 G | 15.10% |
| Fiber..... | 1.49 G | Vitamin C..... | 0.96 Mg | Saturated Fat..... | 0.93 G | 3.74% |

- Adapted from recipe by Mrs. Dess Carson, Holy Name Catholic School, Beech Grove, IN, from INDIANA SCHOOL LUNCH NEWS, March, 1967.

FUDGE SURPRISE CAKE *

Makes 100 portions.
2 pans - 18" x 26" x 1"

Bake in 375° oven.

| INGREDIENTS | WEIGHTS | MEASURES | |
|----------------|----------|----------------------------|--|
| Kraut, chopped | | 1 qt. (or 4 cups) | |
| Shortening | 2 ½ lbs. | 1 qt. & 2 cups (or 6 cups) | |
| Sugar | 6 lbs. | 3 qts. (or 12 cups) | |
| Vanilla | | 3 Tbsps. | |
| Salt | | 4 tsps. | |
| Cocoa | 14 oz. | 3 ½ cups | |
| Shell eggs ** | | 22 | |
| Flour, sifted | 4 ½ lbs. | 4 ½ qts. (or 18 cups) | |
| Soda | 1 oz. | 2 Tbsps. | |
| Baking powder | 1 oz. | 2 Tbsps. | |
| Water | | 2 qts. (or 8 cups) | |

** Whole eggs, frozen, may be substituted for fresh eggs or 3 2/3 cups sifted dried whole eggs and 3 2/3 cups water may be substituted for shell eggs.

DIRECTIONS:

1. Wash chopped kraut, put in colander to drain.
2. Cream shortening and sugar on high speed for 10 minutes.
3. Add vanilla, salt, and cocoa; continue beating for 5 minutes on low speed.
4. Add eggs, blend on low speed for 5 minutes or until light.
5. Sift flour, soda and baking powder together, add alternately with the water to the creamed mixture using medium speed.
6. Add the kraut and mix thoroughly.
7. Bake in 2 greased and floured sheet cake pans (18" x 26" x 1") in a 375°F. oven.
8. Cool and frost, if desired, or; sprinkle with powdered sugar.
9. Cut each sheet cake into 50 servings.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|---------|--------|
| Calories..... | 310 | Iron..... | 1.75 Mg | Protein..... | 4.34 G | 5.60% |
| Cholesterol..... | 47 Mg | Calcium..... | 31.26 Mg | Carbohydrates..... | 43.47 G | 56.12% |
| Sodium..... | 252 Mg | Vitamin A..... | 21 RE | Total Fat | 14.04 G | 40.79% |
| Fiber..... | 1.75 G | Vitamin C..... | 0.83 Mg | Saturated Fat..... | 3.70 G | 10.73% |

- Submitted by Mrs. Janie Redman, Manager, Gilmore Lane School Food Service Program, Jefferson Co., KY.

GOLDEN NUGGET CAKE *
(Carrot Cake)

Makes 100 servings.
2 pans, 18" x 26" x 1"

Bake in 350° oven.

INGREDIENTS

MEASURES

| | | |
|--------------------------|--------------------------------|--|
| All-purpose flour | 2 qts. & 2 cups (or 10 cups) | |
| Sugar | 2 qts. & 2 cups (or 10 cups) | |
| Baking powder | 3 Tbsps. & 1 tsp. | |
| Soda | 3 Tbsps. & 1 tsp. | |
| Salt | 5 tsps. | |
| Cinnamon | 3 Tbsps. & 1 tsp. | |
| Chopped nuts, if desired | 1 qt. & 1 cup (or 5 cups) | |
| Shell eggs ** | 20 | |
| Vegetable oil *** | 1 qt. & 3 ½ cups (or 7 ½ cups) | |
| Grated carrots | 3 qts. & 3 cups (or 15 cups) | |

** 3 1/3 cups sifted dried whole eggs and 3 1/3 cups water may be substituted for shell eggs.

*** Melted butter or margarine may be substituted for oil

DIRECTIONS:

1. Put 2 qts. or 8 cups flour, sugar, salt, baking powder, soda and cinnamon into mixer and blend 3 minutes on low speed.
2. Mix the remaining 2 cups flour with the nuts.
3. Add oil and beaten eggs and mix until smooth. Add grated carrots.
4. Fold in floured nuts. Put batter into shallow oiled or greased baking pans.
5. Bake in 350° F. oven for one hour or until done and brown. Cool and frost or glaze. (Frosting recipe on next page – Page 120)

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|---------|--------|
| Calories..... | 291 | Iron..... | 0.96 Mg | Protein..... | 2.72 G | 3.74% |
| Cholesterol..... | 43 Mg | Calcium..... | 41.25 Mg | Carbohydrates..... | 31.78 G | 43.70% |
| Sodium..... | 194 Mg | Vitamin A..... | 483 RE | Total Fat | 17.51 G | 54.19% |
| Fiber..... | 0.96 G | Vitamin C..... | 1.60 Mg | Saturated Fat..... | 3.10 G | 9.59% |

- Developed by Mrs. Bessie L. Masters, former Director, Monroe Co. School Food Service Program, Monroe Co., KY.

FROSTING FOR GOLDEN NUGGET CAKE ***INGREDIENTS****WEIGHTS****MEASURES**

| | | | |
|---------------------------|-----------------|----------------------------------|-------|
| Confectioner's sugar | 5 lbs. | 17 ½ cups (or 4 qts. & 1 ½ cups) | _____ |
| Philadelphia cream cheese | 5 – 8 oz. pkgs. | 4 cups & 2 Tbsps. | _____ |
| Butter or margarine | 5/8 lbs. | 1 ¼ cups | _____ |
| Vanilla | 1 ½ oz. | 3 1/3 Tbsps. | _____ |

DIRECTIONS:

1. Mix butter, cream cheese, vanilla and sugar in mixer bowl at low speed.
2. Ice cake in pan in which it was baked. Cut.

| | |
|---------------------------|-----------------|
| Number of Portions | 100 |
| Size of Portion | 2 Tbsps. |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 137 | Iron..... | 0.13 Mg | Protein..... | 0.74 G | 2.16% |
| Cholesterol..... | 10 Mg | Calcium..... | 8.40 Mg | Carbohydrates..... | 21.22 G | 62.17% |
| Sodium..... | 29 Mg | Vitamin A..... | 59 RE | Total Fat | 5.62 G | 37.06% |
| Fiber..... | 0.00 G | Vitamin C..... | 0.00 Mg | Saturated Fat..... | 2.53 G | 16.67% |

- Developed by Mrs. Bessie L. Masters, former Director, Monroe Co. School Food Service Program, Monroe Co., KY.

MASTER CAKE AND COOKIE MIX *

Makes 2.8 gallons of mix.

| INGREDIENTS | WEIGHTS | MEASURES | |
|-------------------------------|----------------------|---|-------|
| All-purpose flour | 5 $\frac{3}{4}$ lbs. | 5 qts. & 1/8 cup (or 20 $\frac{1}{8}$ cups) | _____ |
| Baking powder (double acting) | | $\frac{2}{3}$ cup | _____ |
| Salt | | 2 Tbsps. | _____ |
| Sugar | 7 lbs. | 4 qts. (or 16 cups) | _____ |
| Shortening, hydrogenated | 2 $\frac{1}{2}$ lbs. | 1 $\frac{1}{2}$ qt. (or 6 cups) | _____ |

DIRECTIONS:

1. Blend dry ingredients 5 minutes on mixer at low speed. Cut in shortening blending only 1 $\frac{1}{2}$ to 2 minutes at low speed.
2. Store in covered container at room temperature.
3. To measure mix, pile lightly into container and level off with spatula. Keeps three months without refrigeration.

| | |
|---------------------------|----------------|
| Number of Portions | 300 |
| Size of Portion | 1.2 oz. |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|---------|--------|
| Calories..... | 109 | Iron..... | 0.45 Mg | Protein..... | 0.87 G | 3.19% |
| Cholesterol..... | 0 Mg | Calcium..... | 30.24 Mg | Carbohydrates..... | 17.28 G | 63.61% |
| Sodium..... | 99 Mg | Vitamin A..... | 0 RE | Total Fat | 4.18 G | 34.56% |
| Fiber..... | 0.23 G | Vitamin C..... | 0.00 Mg | Saturated Fat..... | 1.04 G | 8.60% |

- Adapted from recipes developed by Purdue University.

MARBLE CAKE *

Makes 100 servings.

Bake in 375° oven.

INGREDIENTS**MEASURES**

| | |
|---|---|
| Cocoa | ¾ cup |
| Sugar | ¼ cup |
| Butter or margarine | 2 Tbsps. |
| Hot water | ½ cup |
| Master Cake Mix (see previous page – Page 120) | 3 qts. & 1 1/3 cups (or 13 1/3 cups) |
| Fluid milk | 3 cups |
| Shell eggs ** | 8 |
| Vanilla | 4 tsps. |

** 1 2/3 cups sifted dried whole eggs and 1 2/3 cups water may be substituted for shell eggs.

DIRECTIONS:

1. Mix cocoa and sugar. Add butter and hot water. Mix. Cool.
2. Measure cake mix into mixing bowl. Add 2 cups milk and beat 2 minutes with mixer or 200 strokes by hand.
3. Add remaining ingredients, beat 2 minutes with mixer or 200 strokes by hand.
4. Blend chocolate mixture with ¼ of the yellow batter..
5. Grease two 12" x 20" x 2" pans and line with wax paper.
6. Spoon batter into pans, alternating yellow and chocolate batter.
7. Bake in a moderate oven, 375° F. about 20 minutes or until done.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|---------|--------|
| Calories..... | 125 | Iron..... | 0.60 Mg | Protein..... | 1.73 G | 5.55% |
| Cholesterol..... | 18 Mg | Calcium..... | 41.86 Mg | Carbohydrates..... | 18.54 G | 59.32% |
| Sodium..... | 108 Mg | Vitamin A..... | 12 RE | Total Fat | 5.15 G | 37.01% |
| Fiber..... | 0.44 G | Vitamin C..... | 0.07 Mg | Saturated Fat..... | 1.40 G | 10.14% |

- Adapted from recipes developed by Purdue University.

SPICE CAKE *

Makes 100 servings.

Bake in 375° oven.

INGREDIENTS

Master Cake Mix

(see Page #120)

Cinnamon

Allspice

Nutmeg

Cloves

Fluid milk

Shell eggs **

MEASURES

3 qts. & 1 1/3 cups

(or 13 1/3 cups)

4 tsps.

4 tsps.

2 tsps.

2 tsps.

3 cups

8

** 1 1/3 cups sifted dried whole eggs and 1 1/3 cups water may be substituted for shell eggs.

DIRECTIONS:

1. Pile mix lightly into a cup and level off with a spatula.
2. Put mix into mixing bowl and stir in spices.
3. Add 1 pint of milk beat 2 minutes with mixer or 200 strokes by hand.
4. Add remaining milk, eggs and vanilla; beat 2 minutes with mixer or 200 strokes by hand.
5. Pour into two 18" x 26" x 2" pans.
6. Bake in a moderate oven, 375°F. oven for 20 minutes or until done.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|---------|--------|
| Calories..... | 200 | Iron..... | 0.94 Mg | Protein..... | 2.36 G | 4.72% |
| Cholesterol..... | 18 Mg | Calcium..... | 66.94 Mg | Carbohydrates..... | 31.54 G | 63.03% |
| Sodium..... | 185 Mg | Vitamin A..... | 12 RE | Total Fat | 7.48 G | 33.62% |
| Fiber..... | 0.51 G | Vitamin C..... | 0.16 Mg | Saturated Fat..... | 1.94 G | 8.72% |

- Adapted from recipes developed by Purdue University.

YELLOW CAKE *

Makes 100 servings.

Bake in 375° oven.

INGREDIENTS

Master Cake Mix

(see Page #120)

Fluid milk

Shell eggs **

Vanilla

MEASURES

3 qts. & 1 1/3 cups (or 13 1/3 cups)

3 cups

8

4 tsps.

** 1 1/3 cups sifted dried whole eggs and 1 1/3 cups water may be substituted for shell eggs.

DIRECTIONS:

1. Pile mix lightly into a cup and level off with a spatula.
2. Put mix into mixing bowl and stir in 2 cups of milk.
3. Beat 2 minutes with mixer or 200 strokes by hand.
4. Add remaining milk, eggs and vanilla; beat 2 minutes with mixer or 200 strokes by hand.
5. Pour into two 18" x 26" x 2" pans.
6. Bake in a moderate oven, 375°F. oven for 20 minutes or until done.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|---------|--------|
| Calories..... | 199 | Iron..... | 0.89 Mg | Protein..... | 2.35 G | 4.71% |
| Cholesterol..... | 19 Mg | Calcium..... | 64.93 Mg | Carbohydrates..... | 31.36 G | 62.90% |
| Sodium..... | 185 Mg | Vitamin A..... | 12 RE | Total Fat | 7.44 G | 33.58% |
| Fiber..... | 0.42 G | Vitamin C..... | 0.07 Mg | Saturated Fat..... | 1.92 G | 8.68% |

- Adapted from recipes developed by Purdue University.

PEANUT BUTTER CAKE *

Makes 100 servings.

Bake in 350° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Butter or margarine

1 ¼ lbs.

1 ¼ pt. (or 2 ½ cups)

Peanut butter

1 lb. & 6 ½ oz.

1 ½ pt. (or 3 cups)

Sugar

4 ½ lbs.

2 ½ qts. (or 10 cups)

Shell eggs **

10

Sifted flour

3 ¾ lbs.

3 ¾ qts. (or 15 cups)

Baking soda

3 1/3 Tbsps.

Baking powder

3 Tbsps.

Sour milk

2 ½ qts. (or 10 cups)

** 1 2/3 cups sifted dried whole eggs and 1 2/3 cups water may be substituted for shell eggs.

DIRECTIONS:

1. Cream together butter, peanut butter and sugar until light and fluffy.
2. Stir in beaten eggs. Stir dry ingredients together.
3. Add, alternately, with sour milk. Pour batter into greased and floured pans.
4. Bake at 350° F. for 35 minutes or until done.
5. Cool cake and frost with Peanut Butter Frosting, as per next page – Page 125.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|---------|--------|
| Calories..... | 245 | Iron..... | 1.07 Mg | Protein..... | 5.19 G | 8.47% |
| Cholesterol..... | 22 Mg | Calcium..... | 62.49 Mg | Carbohydrates..... | 36.24 G | 59.17% |
| Sodium..... | 300 Mg | Vitamin A..... | 57 RE | Total Fat | 9.39 G | 34.50% |
| Fiber..... | 0.92 G | Vitamin C..... | 0.25 Mg | Saturated Fat..... | 1.92 G | 7.04% |

- Submitted by Mrs. Harry Bond, Scott High School, Madison, WV for the West Virginia School Lunch News, April, 1964.
- Copied from Wyoming School Lunches, April, 1964.

*PEANUT BUTTER FROSTING **

Makes 5 lbs frosting.
(will frost two, 18" x 26" sheet cakes)

| INGREDIENTS | WEIGHTS | MEASURES | |
|------------------------|---------|-----------|-------|
| Butter or margarine | 6 oz. | ¾ cup | _____ |
| Peanut butter | 9 oz. | 1 cup | _____ |
| Powdered sugar, sifted | 3 lbs. | 10 ½ cups | _____ |
| Dry milk solids | 3 oz. | ¾ cup | _____ |
| Vanilla | | 1 tsp. | _____ |
| Water | | 1 cup | _____ |

DIRECTIONS:

1. Cream butter and peanut butter; add sugar and dry milk solids.
2. Add vanilla and water and blend to a spreading consistency.
3. Spread on cooled cake.

| | |
|---------------------------|-----------------|
| Number of Portions | 100 |
| Size of Portion | 2 Tbsps. |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|--------|--------|
| Calories..... | 42 | Iron..... | 0.03 Mg | Protein..... | 0.49 G | 4.73% |
| Cholesterol..... | 0 Mg | Calcium..... | 6.46 Mg | Carbohydrates..... | 7.26 G | 69.35% |
| Sodium..... | 18 Mg | Vitamin A..... | 7 RE | Total Fat | 1.35 G | 29.08% |
| Fiber..... | 0.08 G | Vitamin C..... | 0.03 Mg | Saturated Fat..... | 0.29 G | 5.52% |

- Submitted by Mrs. Harry Bond, Scott High School, Madison, WV for the West Virginia School Lunch News, April, 1964.
- Copied from Wyoming School Lunches, April, 1964.

PUMPKIN CAKE *

Makes 100 servings.
(2 pans, 18" x 26" x 1")

Bake in 350° oven.

| INGREDIENTS | WEIGHTS | MEASURES | |
|--------------------------|----------------|----------------------|--|
| Shortening | 1 lb. & 4 oz. | 3 ¾ cups | |
| Sugar | 3 lbs. & 8 oz. | 1 ¾ qts. (or 7 cups) | |
| Shell eggs, beaten ** | | 2 cups | |
| Flour, sifted | 3 lbs. | 3 qts. (or 12 cups) | |
| Baking powder | 1 ½ oz. | ¼ cup | |
| Soda | ¾ oz. | 2 Tbsps. | |
| Salt | ½ oz. | 1 Tbsp. | |
| Cloves | | 4 tsps. | |
| Cinnamon | ½ oz. | 2 Tbsps. | |
| Raisins | 2 lbs. | 1 qt. (or 4 cups) | |
| Chopped nuts, if desired | 1 lb. | 1 qt. (or 4 cups) | |
| Rolled wheat | | ¾ qts. (or 3 cups) | |
| Fluid milk | | 1 qt. (or 4 cups) | |
| Pumpkin, cooked *** | 5 lbs. | 2 ¼ qts. (or 9 cups) | |

** 1 2/3 cups sifted dried whole eggs and 1 2/3 cups water may be substituted for shell eggs.

*** Cooked or canned chopped seeded prunes may be substituted for pumpkin.

DIRECTIONS:

1. Cream shortening and sugar until well blended. Add eggs and beat thoroughly. Sift flour twice with baking powder, soda, salt, and spices.
2. Add raisins and nuts, if desired, to one-third of that flour mixture; combine cream mixture and rolled wheat. Add milk to the pumpkin. Add pumpkin to creamed mixture in two portions alternately with remaining dry ingredients.
3. Pour batter into 2 greased baking pans 18" x 26" x 1".
4. Bake at 350° F. for 45 minutes or until done and brown. Spread topping over cake while warm. Topping on next page – Page 127.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|---------|--------|
| Calories..... | 265 | Iron..... | 1.65 Mg | Protein..... | 4.08 G | 6.17% |
| Cholesterol..... | 21 Mg | Calcium..... | 36.62 Mg | Carbohydrates..... | 36.62 G | 55.35% |
| Sodium..... | 270 Mg | Vitamin A..... | 12.16 RE | Total Fat | 12.16 G | 41.37% |
| Fiber..... | 2.24 G | Vitamin C..... | 2.57 Mg | Saturated Fat..... | 2.57 G | 8.75% |

- Developed by Mrs. Nora Carter, Former Manager, Wilkerson St. Elementary School, Frankfort, KY.

TOPPING FOR PUMPKIN CAKE *
 (Recipe for Pumpkin Cake on page 127)

| INGREDIENTS | WEIGHTS | MEASURES | |
|---------------------|---------|-------------------|-------|
| Buttermilk | | 1 pt. (or 2 cups) | _____ |
| Sugar | 2 lbs. | 1 qt. (or 4 cups) | _____ |
| Soda | | 2 tsps. | _____ |
| Vanilla | | 2 tsps. | _____ |
| Butter or margarine | 1 lbs. | 2 cups | _____ |

DIRECTIONS:

1. Blend all ingredients. Cook 7 minutes. Pour over cake in pan as soon as taken from oven.

| | |
|---------------------------|--------------|
| Number of Portions | 100 |
| Size of Portion | ¼ cup |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|--------|--------|
| Calories..... | 66 | Iron..... | 0.63 Mg | Protein..... | 9.09 G | 32.48% |
| Cholesterol..... | 0 Mg | Calcium..... | 20.48 Mg | Carbohydrates..... | 4.43 G | 15.83% |
| Sodium..... | 79 Mg | Vitamin A..... | 70 RE | Total Fat | 6.27 G | 50.44% |
| Fiber..... | 0.00 G | Vitamin C..... | 0.52 Mg | Saturated Fat..... | 1.52 G | 12.19% |

- Developed by Mrs. Nora Carter, Former Manager, Wilkerson St. Elementary School, Frankfort, KY.

YELLOW CAKE MIX *

(Needs refrigeration)

Makes 7 lbs. 4 oz. – 1 ¼ gallons.

| INGREDIENTS | WEIGHTS | MEASURES | |
|-------------------|----------|--------------|-------|
| Sifted flour | 2 ½ lbs. | 2 ½ qts. | _____ |
| Non-fat dry milk | 4 oz. | 1 cup | _____ |
| Sifted dried eggs | 6 oz. | 2 cups | _____ |
| Sugar | 3 lbs. | 1 ½ qts. | _____ |
| Baking powder | 2 oz. | 1/3 cup | _____ |
| Salt | | 1 2/3 Tbsps. | _____ |
| Shortening | 1 lb. | 2 cups | _____ |

DIRECTIONS:

1. Blend dry ingredients and lard for 10 minutes in mixer at low speed.
2. Store in refrigerator in tightly covered container until used.

| | |
|---------------------------|------------------------|
| Number of Portions | 100 |
| Size of Portion | 1.6 oz. serving |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|---------|--------|
| Calories..... | 144 | Iron..... | 0.68 Mg | Protein..... | 2.59 G | 7.19% |
| Cholesterol..... | 15 Mg | Calcium..... | 27.84 Mg | Carbohydrates..... | 22.65 G | 62.78% |
| Sodium..... | 142 Mg | Vitamin A..... | 7 RE | Total Fat | 4.91 G | 30.64% |
| Fiber..... | 0.34 G | Vitamin C..... | 0.27 Mg | Saturated Fat..... | 1.21 G | 7.54% |

- Adapted from *School Lunch Recipes Using Whole Dried Egg Solids*, U. S. Department of Agriculture, Mrs. Mildred Rule, Simpson School, Shelby Co., KY.

YELLOW CAKE *
(Using Yellow Cake Mix on Page 129)

Makes 100 servings – 1 pan 18" x 26" x 1".

Bake in 350° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Water

5 $\frac{3}{4}$ cups

Vanilla

1 $\frac{2}{3}$ Tbsps.

Yellow Cake Mix

7 $\frac{1}{4}$ lbs.1 $\frac{1}{4}$ gals.

(see recipe on page 129)

DIRECTIONS:

1. Combine water and vanilla. Put cake mix in mixing bowl.
2. Add $\frac{1}{2}$ of the liquid to the mix. Beat 2 minutes at low speed.
3. Add remaining liquid and beat 2 minutes longer.
4. Pour into 1 greased baking pan about 18" x 26" x 1". Use about 2 $\frac{1}{4}$ qts. per pan or 5 lbs. 2 oz. per pan.
5. Bake at 350° F. for 30 to 35 minutes or until done.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|---------|--------|
| Calories..... | 145 | Iron..... | 0.68 Mg | Protein..... | 2.59 G | 7.16% |
| Cholesterol..... | 15 Mg | Calcium..... | 28.14 Mg | Carbohydrates..... | 22.68 G | 62.58% |
| Sodium..... | 143 Mg | Vitamin A..... | 7 RE | Total Fat | 4.91 G | 30.51% |
| Fiber..... | 0.34 G | Vitamin C..... | 0.27 Mg | Saturated Fat..... | 1.21 G | 7.51% |

- Adapted from School Lunch Recipes Using Whole Dried Egg Solids U. S. Department of Agriculture, Mrs. Mildred Rule, Simpson School, Shelby Co., KY.

CHOCOLATE CAKE *
(Using Yellow Cake Mix – from page 129)

Makes 100 servings.

Bake in 350° oven

| INGREDIENTS | WEIGHTS | MEASURES | |
|---|--------------|-------------------------------------|-------|
| Water | | 5 ³ / ₄ cup | _____ |
| Vanilla | | 1 ² / ₃ Tbsps | _____ |
| Yellow Cake Mix (see recipe on page 129) | 7 lbs. 4 oz. | 1 ¹ / ₄ gals. | _____ |
| Cocoa | | 1 ¹ / ₃ cups | _____ |

DIRECTIONS:

Follow directions for mixing Yellow Cake (Page 129), add cocoa to mix before adding liquids.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|---------|--------|
| Calories..... | 148 | Iron..... | 0.84 Mg | Protein..... | 2.82 G | 7.64% |
| Cholesterol..... | 15 Mg | Calcium..... | 29.60 Mg | Carbohydrates..... | 23.30 G | 63.16% |
| Sodium..... | 143 Mg | Vitamin A..... | 7 RE | Total Fat | 5.07 G | 30.93% |
| Fiber..... | 0.72 G | Vitamin C..... | 0.27 Mg | Saturated Fat..... | 1.30 G | 7.94% |

- Adapted from “*Commo-Ditties*”, by Shelby Co., Fayette Co. and Christian Co. personnel. Demonstrated by Mrs. Mildred Rule, Former Manager, Simpsonville Elementary School, Shelby Co., KY, at Kentucky School Food Service Association Convention, April 1, 1964, and at the American School Food Service Association Convention, Louisville, KY, August 1965.

SPICE CAKE *
(Using Yellow Cake Mix – from page 129)

Makes 100 servings.

Bake in 350° oven

| INGREDIENTS | WEIGHTS | MEASURES | |
|---|--------------|--------------|-------|
| Water | | 5 ¾ cup | _____ |
| Vanilla | | 1 2/3 Tbsps. | _____ |
| Yellow Cake Mix (see recipe on page 129) | 7 lbs. 4 oz. | 1 ¼ gals. | _____ |
| Cinnamon | | 3 Tbsps. | _____ |
| Nutmeg | | 2 tsps. | _____ |
| Cloves | | ¼ tsp. | _____ |

DIRECTIONS:

Follow directions for mixing Yellow Cake (Page 128), adding spices to mix before mixing liquids.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|---------|--------|
| Calories..... | 146 | Iron..... | 0.76 Mg | Protein..... | 2.60 G | 7.15% |
| Cholesterol..... | 15 Mg | Calcium..... | 30.76 Mg | Carbohydrates..... | 22.87 G | 62.76% |
| Sodium..... | 143 Mg | Vitamin A..... | 7 RE | Total Fat | 4.94 G | 30.50% |
| Fiber..... | 0.46 G | Vitamin C..... | 0.33 Mg | Saturated Fat..... | 1.99 G | 7.55% |

- Adapted from “*Commo-Ditties*”, by Shelby Co., Fayette Co. and Christian Co. personnel. Demonstrated by Mrs. Mildred Rule, Former Manager, Simpsonville Elementary School, Shelby Co., KY, at Kentucky School Food Service Association Convention, April 1, 1964, and at the American School Food Service Association Convention, Louisville, KY, August 1965.

BETSY ROSS COOKIES *

Makes 108 cookies. (9 dozen)

Bake in 375° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Butter or margarine, soft

1 lb.

2 cups

Granulated sugar

13 oz.

2 cups

Brown sugar

6 oz.

1 cup

Shell eggs

5

Vanilla

1 Tbsp.

All-purpose flour

1 lb. 4 oz.

4 ½ cups

Salt

2 tsps.

Baking soda

2 tsps.

Pitted prunes, chopped

1 lb.

2 cups

Peanut granules

8 oz.

2 cups

Chocolate chips

1 lb. 2 oz.

3 cups

DIRECTIONS:

1. Mix butter or margarine, granulated and brown sugars and eggs at medium speed until creamy.
2. Continue mixing at medium speed while adding flour, salt and soda.
3. Blend at low speed.
4. Use No. 40 scoop to portion cookies about 2 inches apart on greased baking pan.
5. Bake 10 to 15 minutes at 375° F. until done and brown.
6. Allow to cool slightly before removing from pan.

| | |
|---------------------------|---------------|
| Number of Portions | 108 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 115 | Iron..... | 0.55 Mg | Protein..... | 1.74 G | 6.02% |
| Cholesterol..... | 10 Mg | Calcium..... | 9.02 Mg | Carbohydrates..... | 14.24 G | 49.33% |
| Sodium..... | 71 Mg | Vitamin A..... | 39 RE | Total Fat | 6.26 G | 48.80% |
| Fiber..... | 0.85 G | Vitamin C..... | 0.12Mg | Saturated Fat..... | 1.70 G | 13.28% |

- Recipe recommended by Mr. Dorothy Rennirt, Manager, Fairdale High School, Jefferson Co., KY.

PARTY TREATS *

Makes approximately 100 cookies.

Bake in 350° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Butter

1 lb.

2 cups

Salt

½ tsp.

Vanilla

2 Tbsps.

Powdered sugar

1 ¼ cups

Flour

1 qt.

Chopped nuts (Pecans)

1 qt.

DIRECTIONS:

1. Blend all ingredients except nuts until smooth, then add nuts.
2. Chill dough four hours or overnight.
3. Shape cookies in small balls.
4. Bake in 350° F (convection oven) until done but not brown.
5. Roll in powdered sugar while hot. Cool. Before serving dust with powdered sugar again.

NOTE: These cookies freeze well.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|--------|--------|
| Calories..... | 89 | Iron..... | 0.33 Mg | Protein..... | 0.91 G | 4.09% |
| Cholesterol..... | 0 Mg | Calcium..... | 3.30 Mg | Carbohydrates..... | 6.23 G | 28.09% |
| Sodium..... | 12 Mg | Vitamin A..... | 37 RE | Total Fat | 6.89 G | 69.91% |
| Fiber..... | 0.50 G | Vitamin C..... | 0.10Mg | Saturated Fat..... | 0.94 G | 9.56% |

- Recipe recommended by Mr. Dorothy Rennirt, Manager, Fairdale High School, Jefferson Co., KY.

BROWNIES *

Makes 2 sheet pans.
(18" x 26" x 1")

Bake in 350° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Flour, sifted

1 ½ lbs.

6 cups

Cocoa

1 1/8 lbs.

4 ½ cups

Salt

3 tsps.

Shortening, or butter

2 lbs.

1 qt. (or 4 cups)

Sugar

3 qts. (or 12 cups)

Shell eggs

4 ½ cups

Vanilla

2 Tbsps.

Chopped nuts, if desired

1 ¼ qts. (or 6 cups)

White syrup

3 oz.

3 Tbsps.

DIRECTIONS:

1. Sift together dry ingredients; add nuts. Cream shortening, sugar and eggs. Add syrup.
2. Add vanilla and dry ingredients. Mix well. Spread ½" deep in greased sheet pans.
3. Bake in 350° F. conventional oven for 20 to 25 minutes or until done. Cool before cutting. Frost, if desired.

| | |
|---------------------------|---------------|
| Number of Portions | 200 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 111 | Iron..... | 0.53 Mg | Protein..... | 1.45 G | 5.25% |
| Cholesterol..... | 23 Mg | Calcium..... | 5.93 Mg | Carbohydrates..... | 16.31 G | 59.04% |
| Sodium..... | 43 Mg | Vitamin A..... | 10 RE | Total Fat | 4.95 G | 40.31% |
| Fiber..... | 0.74 G | Vitamin C..... | 0.00Mg | Saturated Fat..... | 1.36 G | 11.05% |

- Submitted by Mrs. Ruth Wright, Manager, Eleventh Street School, Bowling Green, KY.

BROWN SUGAR COOKIES *

Makes 200 cookies.

Bake in 350° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Brown sugar

Butter or other shortening

Shell eggs

Sifted flour

Soda

Salt

Baking powder

Milk

Vanilla

1 lb.

1 qt. (or 4 cups)

2 cups

4

2 qts & 1 cup (or 9 cups)

2 tsps.

2 tsps.

4 tsps.

2 cups

2 tsps.

DIRECTIONS:

1. Cream butter, sugar and eggs. Add sifted dry ingredients alternately with milk and vanilla.
2. Drop with a No. 40 scoop on a greased baking sheet or shape dough in rolls, chill and slice.
3. Bake at 350°F. oven for 10 to 12 minutes or until done and brown.

| | |
|---------------------------|---------------|
| Number of Portions | 200 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|--------|--------|
| Calories..... | 56 | Iron..... | 0.37 Mg | Protein..... | 0.80 G | 5.66% |
| Cholesterol..... | 5 Mg | Calcium..... | 13.82 Mg | Carbohydrates..... | 8.76 G | 62.16% |
| Sodium..... | 50 Mg | Vitamin A..... | 21 RE | Total Fat | 2.05 G | 32.72% |
| Fiber..... | 0.15 G | Vitamin C..... | 0.03Mg | Saturated Fat..... | 0.43 G | 6.85% |

- Submitted by Mrs. Sedalia Montgomery, Manager, Daviess Co., Jr. High School, Daviess Co., KY.

BUTTER BALLS *

Makes 100 servings.

Unbaked

INGREDIENTS**WEIGHTS****MEASURES**

Butter or margarine **

2 ½ lbs.

5 cups

Brown sugar

8 cups

Vanilla

1 Tbsp. & 1 tsp.

Water

½ cup

Rolled wheat or oatmeal

4 ½ qts. (or 18 cups)

Nuts, chopped (if desired) *** Approx. 2/3 lb.

** Peanut butter may be substituted for half the shortening

*** Colored sugar, chocolate shot or flaked cocoanut may be substituted for nuts.

DIRECTIONS:

1. Beat butter until creamy; add sugar and beat well.
2. Add vanilla, water and wheat or oats and blend thoroughly. Chill.
3. Shape in small balls or dip with a No. 30 scoop, roll in chopped nuts or toasted rolled wheat.
4. Store in refrigerator until ready to serve.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|---------|--------|
| Calories..... | 199 | Iron..... | 0.95 Mg | Protein..... | 2.31 G | 4.64% |
| Cholesterol..... | 0 Mg | Calcium..... | 25.48 Mg | Carbohydrates..... | 25.95 G | 52.20% |
| Sodium..... | 114 Mg | Vitamin A..... | 91 RE | Total Fat | 10.03 G | 45.40% |
| Fiber..... | 1.38 G | Vitamin C..... | 0.02 Mg | Saturated Fat..... | 1.86 G | 8.42% |

- Adapted from *Quaker Oats Company Recipes* by Miss Virginia Wheeler, former School Food Service Director, Jefferson Co., KY.

CHOCOLATE PEANUT BUTTER ROLLED WHEAT OR OATMEAL SQUARES *

Makes 100 servings.

Unbaked

INGREDIENTS**MEASURES**

Butter or margarine, melted

1 pt. (or 2 cups)

Sugar

8 cups

Cocoa **

2 cups

Fluid milk

2 cups

Salt

1 tsp.

Vanilla

4 Tbsps.

Peanut butter

4 cups

Rolled wheat or oats

3 qts. (or 12 cups)

** May be omitted for caramel cookies

DIRECTIONS:

1. Mix first five ingredients. Bring mixture to a boil. Boil 1 minute.
2. Remove from heat. Add vanilla and peanut butter. Stir until well mixed.
3. Add rolled wheat or quick-cooking oats.
4. Drop onto a cookie sheet or press into a pan; cut in squares.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|----------|--------------------|---------|--------|
| Calories..... | 198 | Iron..... | 0.85 Mg | Protein..... | 4.59 G | 9.30% |
| Cholesterol..... | 1 Mg | Calcium..... | 17.67 Mg | Carbohydrates..... | 24.99 G | 50.58% |
| Sodium..... | 75 Mg | Vitamin A..... | 38 RE | Total Fat | 9.89 G | 45.03% |
| Fiber..... | 2.10 G | Vitamin C..... | 0.05 Mg | Saturated Fat..... | 2.09 G | 9.52% |

- Submitted by Mrs. Ruth Butler, Clay School, Paducah, KY.

CHEESE FUDGE *

Makes 100 servings.

Uncooked

INGREDIENTS**WEIGHTS****MEASURES**

Cocoa

1 cup

Processed cheddar cheese
(shredded or ground)

1 lb.

1 qt.

Butter

1 lb.

2 cups

Sifted powdered sugar
(confectioner's)

2 ¾ lbs.

2 qts. & 2 ¼ cups

Peanut butter

1 pt. (or 2 cups)

Vanilla

1 ½ Tbsps.

Non-fat dry milk

1 lb.

3 ¼ cups

DIRECTIONS:

1. The cheese should be kept overnight at room temperature to soften.
2. Measure all ingredients into mixing bowl.
3. Mix thoroughly with the hands, form into roll or press in flat pans and chill.
4. Cut into slices or squares.
5. Keep cool until used. (This "candy" keeps nicely).

VARIATIONS:**

- a. **Caramel Fudge:** Omit chocolate
- b. **Coconut Fudge:** Add 2 cups shredded coconut
- c. **Marshmallow Fudge:** Add 4 cups miniature marshmallows
- d. **Nut Fudge:** Add 2 cups pecan meal

** Suggested by Mrs. Margaret Hibbs, Former Manager, Foster Heights Elementary Lunch Program, Nelson Co., KY.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 145 | Iron..... | 0.27 Mg | Protein..... | 4.03 G | 11.11% |
| Cholesterol..... | 4 Mg | Calcium..... | 87 Mg | Carbohydrates..... | 16.58 G | 45.75% |
| Sodium..... | 164 Mg | Vitamin A..... | 47 RE | Total Fat | 7.57 G | 46.95% |
| Fiber..... | 0.59 G | Vitamin C..... | 0.3 Mg | Saturated Fat..... | 2.01 G | 12.47% |

- Adapted from recipe secured from Alta C. Alexander, USDA Home Economist, San Francisco, during American School Food Service Convention, San Francisco, CA, August 1959.

CHOCOLATE CHIP COOKIES *

Makes 100 servings.

Bake in 375° oven.

INGREDIENTSMaster Cake Mix
(see Page #120)

Shell eggs **

Chocolate chips

Vanilla

MEASURES2 qts. & 1 cup
(or 9 cups)

6

2 ¼ cups

1 Tbsps.

** 1 cup dried egg and 1 cup water may be substituted for the shell eggs.

DIRECTIONS:

1. Combine ingredients and blend thoroughly. Drop by teaspoon on greased baking sheet, allowing room to spread.
2. Bake in moderate oven 375° F. oven for 10 to 12 minutes.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 153 | Iron..... | 0.73 Mg | Protein..... | 1.63 G | 4.28% |
| Cholesterol..... | 13 Mg | Calcium..... | 39 Mg | Carbohydrates..... | 23.59 G | 61.77% |
| Sodium..... | 123 Mg | Vitamin A..... | 6 RE | Total Fat | 6.22 G | 36.64% |
| Fiber..... | 0.53 G | Vitamin C..... | 0.0 Mg | Saturated Fat..... | 1.99 G | 11.75% |

- Adapted from recipes developed by Purdue University.

OLD FASHIONED PINEAPPLE COOKIES *

Makes 100 servings.

Bake in 375° oven.

INGREDIENTS**WEIGHTS****MEASURES**

| | | | |
|--------------------------------|----------|------------------------|-------|
| Sugar, white | 1 ½ lbs. | 3 cups | _____ |
| Sugar, brown, packed | 1 ½ lbs. | 3 cups | _____ |
| Butter (Room temperature) | 1 ½ lbs. | 3 cups | _____ |
| Shell eggs ** | | 6 | _____ |
| Vanilla | | 2 2/3 Tbsps. | _____ |
| Salt | | 1 ½ tsps. | _____ |
| Pineapple, crushed and drained | | ½ - # 10 can or 6 cups | _____ |
| Flour | 4 lbs. | 14 cups | _____ |
| Baking soda | | 1 Tbsp. | _____ |
| Water, hot | | 1 Tbsp. | _____ |
| Nuts, chopped | | 1 pt. (or 2 cups) | _____ |

** 1 cup dried egg and 1 cup water may be substituted for the shell eggs.

DIRECTIONS:

1. Mix ingredients in order listed. Drop by Tablespoon on greased and floured baking pans.
2. Bake in 375° F. oven 15 minutes. Remove, cool and serve.

| | |
|---------------------------|---------------|
| Number of Portions | 225 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 83 | Iron..... | 0.48 Mg | Protein..... | 1.09 G | 5.26% |
| Cholesterol..... | 6 Mg | Calcium..... | 6 Mg | Carbohydrates..... | 13.31 G | 59.58% |
| Sodium..... | 71 Mg | Vitamin A..... | 27 RE | Total Fat | 3.33 G | 36.33% |
| Fiber..... | 0.33 G | Vitamin C..... | 0.4 Mg | Saturated Fat..... | 0.56 G | 6.11% |

- Submitted by Mrs. Elizabeth W. Russell, Ft. Campbell, KY.

CORN MEAL COOKIES *
(Cry Baby Cookies)

Makes 100 cookies

Bake in 400° oven.

| INGREDIENTS | WEIGHTS | MEASURES | |
|----------------------|-------------------|-------------------|-------|
| Shortening or Butter | 2 lbs. | 1 qt. or 4 cups | _____ |
| Sugar | 3 lbs. | 6 cups | _____ |
| Shell eggs ** | | 8 | _____ |
| Lemon extract | | ¼ cup | _____ |
| Raisins | 2/3 lbs. | 2 cups | _____ |
| Sifted flour | 3 lbs. | 3 qts. or 12 cups | _____ |
| Corn meal | 1 lb. + 5 1/3 oz. | 1 qt. or 4 cups | _____ |
| Salt | | 2 Tbsps. | _____ |
| Baking powder | | ¼ cup | _____ |
| Nutmeg | | ¼ cup | _____ |

** 1 1/3 cups dried eggs and 1 1/3 cups water may be substituted for the shell eggs.

DIRECTIONS:

1. Cream shortening, sugar, eggs and lemon extract. Mix well.
2. Dredge raisins in flour and sift other dry ingredients and mix thoroughly.
3. Portion with a No. 40 scoop and flatten with a glass dipped in sugar.
4. Bake at 400° F. for 10 minutes or until done, on greased baking sheet.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 223 | Iron..... | 1.08 Mg | Protein..... | 2.53 G | 4.54% |
| Cholesterol..... | 17 Mg | Calcium..... | 39 Mg | Carbohydrates..... | 31.30 G | 56.20% |
| Sodium..... | 204 Mg | Vitamin A..... | 8 RE | Total Fat | 9.81 G | 39.65% |
| Fiber..... | 0.99 G | Vitamin C..... | 0.1 Mg | Saturated Fat..... | 2.50 G | 10.10% |

- Submitted by Mrs. Elizabeth Disney, Montgomery Co., MS.

CORN MEAL MACAROONS *

Makes 100 cookies

Bake in 375° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Butter

1 lb.

2 cups

Brown sugar, firmly packed

1 lb. 5 oz.

3 cups

Shell eggs **

4

Sifted flour

1 ¼ lbs.

1 ¼ qts (or 5 cups)

Corn meal

1 pt. (or 2 cups)

Baking powder

2 tsps.

Salt

1 tsp.

Soda

½ tsp.

Powdered dry milk

½ cup

Shredded coconut ***

2 cups

Almond flavoring

2 tsps.

** 2/3 cup dried eggs and 2/3 cup water may be substituted for the shell eggs.

*** **Variations:** Substitute for shredded coconut:2 cups chopped nuts, or2 cups raisins, or

2 cups chocolate bits

NOTE: All dry ingredients may be measured and sifted together and stored until ready for use.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 103 | Iron..... | 0.60 Mg | Protein..... | 1.44 G | 5.60% |
| Cholesterol..... | 9 Mg | Calcium..... | 22 Mg | Carbohydrates..... | 14.47 G | 56.38% |
| Sodium..... | 94 Mg | Vitamin A..... | 40 RE | Total Fat | 4.44 G | 38.93% |
| Fiber..... | 0.44 G | Vitamin C..... | 0.0 Mg | Saturated Fat..... | 1.18 G | 10.38% |

- Adapted from Recipe from Duval Co., FL.

JELLO COOKIES *

Makes 950 cookies.

Bake in 375° Convection oven
or, in 400° Regular oven.**INGREDIENTS****WEIGHTS****MEASURES**

Butter or margarine

18 lbs.

Sugar

12 lbs.

Jello – Red

4 ½ lbs.

Eggs

2 doz.

Vanilla

½ cup

Flour

24 lbs.

Baking powder

½ cup

DIRECTIONS:

1. Cream butter and sugar at low speed.
2. Add jello and mix; add eggs and beat well.
3. Sift flour and baking powder together and add to mixture. **MIX WELL**
4. Portion with a No. 40 scoop on ungreased 18" x 26" sheet pan. (35 per pan - - 7 down – 5 across).
5. Bake at 350° F. Convection oven for 13 to 15 minutes or at 400°F. in a regular oven.

| | |
|---------------------------|---------------|
| Number of Portions | 950 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 136 | Iron..... | 0.57 Mg | Protein..... | 1.59 G | 4.67% |
| Cholesterol..... | 5 Mg | Calcium..... | 12 Mg | Carbohydrates..... | 16.54 G | 48.69% |
| Sodium..... | 101 Mg | Vitamin A..... | 71 RE | Total Fat | 7.16 G | 47.42% |
| Fiber..... | 0.31 G | Vitamin C..... | 0.0 Mg | Saturated Fat..... | 1.35 G | 8.92% |

- Adapted from WOMAN'S DAY by Mrs. Marie Moran, Manager, Fayette Co., KY. Also recommended by Lone Oak Elementary, McCracken Co., KY.

PRALINE COOKIES *

Makes 100 portions.

INGREDIENTS**WEIGHTS****MEASURES**

Brown sugar

4 lbs.

Butter

1 lb.

Milk

2 cups

Salt

2 tsps.

Coconut or Peanut butter

2 cups

Vanilla

4 tsps.

Maple flavoring

1 Tbsp.

Rolled wheat or oats

3 qts. (or 12 cups)

Nuts, chopped, if desired

2 cups

DIRECTIONS:

1. Mix first four ingredients and bring to a boil; boil 3 minutes.
2. Remove from heat and add remaining ingredients.
3. Drop on buttered pan or pour into buttered pan and cut in squares.
4. Chill and serve.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 169 | Iron..... | 0.86 Mg | Protein..... | 2.97 G | 7.04% |
| Cholesterol..... | 1 Mg | Calcium..... | 29 Mg | Carbohydrates..... | 24.82 G | 58.77% |
| Sodium..... | 123 Mg | Vitamin A..... | 38 RE | Total Fat | 7.05 G | 37.56% |
| Fiber..... | 1.23 G | Vitamin C..... | 0.1 Mg | Saturated Fat..... | 1.42 G | 7.57% |

- Submitted by Mrs. Melodean Hicks, Former School Food Service Program Director, Marshall Co., Benton, KY.

MARSHMALLOW COOKIES *

Makes approximately 100 cookies.

Unbaked

INGREDIENTS**WEIGHTS****MEASURES**

| | | | |
|-----------------------|------------------|------------------------------|-------|
| Sugar | 5 lbs. | 2 qts. & 2 cups (or 10 cups) | _____ |
| Non-fat dry milk | | 1 ¼ cups | _____ |
| Water | | 1 qt & 1 cup (or 5 cups) | _____ |
| Butter | 5/8 lb. or 9 oz. | ½ cup & 1 Tbsp. | _____ |
| Marshmallows | | 75 | _____ |
| Graham cracker crumbs | 2 ½ lbs. | 11 2/3 cups | _____ |

DIRECTIONS:

1. Mix sugar and dry milk, add water and mix. Cook 10 minutes after rolling boil is reached. Stir in butter and marshmallows and dissolve.
2. Add crumbs. Drop on waxed paper. Allow to cool.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 158 | Iron..... | 1.31 Mg | Protein..... | 1.31 G | 3.30% |
| Cholesterol..... | 0 Mg | Calcium..... | 22 Mg | Carbohydrates..... | 34.58 G | 87.51% |
| Sodium..... | 81 Mg | Vitamin A..... | 10 RE | Total Fat | 2.02 G | 11.52% |
| Fiber..... | 0.27 G | Vitamin C..... | 0.1 Mg | Saturated Fat..... | 0.35*G | 1.97% |

*Denotes Missing Nutrient Values

- Submitted by Mrs. Melodean Hicks, Former School Food Service Program Director, Marshall Co., Benton, KY.

HONEY PEANUT BUTTER CONFECTION *

Makes 100 servings.

Un baked

INGREDIENTS**MEASURES**

Peanut butter

1 pt. (or 2 cups)

Honey

1 pt. (or 2 cups)

Non-fat dry milk

1 qt. (or 4 cups)

Crushed Graham cracker crumbs, orToasted Rolled Wheat or Oats, or

Left-over cake crumbs

1 pt. (or 2 cups)

DIRECTIONS:

1. Mix peanut butter and honey; gradually add dry milk.
2. When well mixed, form into rolls. Roll in crumbs or cover bottom of baking sheet with crumbs and cover with mixture. Sprinkle crumbs on top.
3. Store in refrigerator overnight. Slice and serve.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 76 | Iron..... | 0.20 Mg | Protein..... | 3.17 G | 16.76% |
| Cholesterol..... | 1 Mg | Calcium..... | 63 Mg | Carbohydrates..... | 10.37 G | 54.77% |
| Sodium..... | 37 Mg | Vitamin A..... | 0 RE | Total Fat | 2.84 G | 33.76% |
| Fiber..... | 0.37 G | Vitamin C..... | 0.4 Mg | Saturated Fat..... | 0.58 G | 6.93% |

- From *Plentiful Foods List*, U. S. Department of Agriculture, Consumer and Marketing Service, Washington, D. C.

TODD COUNTY PEANUT BUTTER COOKIES *

Makes 350 cookies.

Bake in 375° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Peanut Butter

2 gals.

Sugar

2 gals.

Shell eggs

2 doz.

Butter or margarine

2 lbs.

4 cups

Baking powder

1 heaping Tbsp.

Soda

1 tsp.

Milk

1 qt.

Flour

1 lb.

1 qt.

DIRECTIONS:

1. Mix all ingredients in 20 quart mixer at medium speed.
2. Portion – using a No. 24 scoop and bake in 375° F. regular oven, or 325° F. convections oven until done.

| | |
|---------------------------|---------------|
| Number of Portions | 350 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 241 | Iron..... | 0.56 Mg | Protein..... | 6.62 G | 10.98% |
| Cholesterol..... | 15 Mg | Calcium..... | 17 Mg | Carbohydrates..... | 24.16 G | 40.03% |
| Sodium..... | 148 Mg | Vitamin A..... | 28 RE | Total Fat | 14.57 G | 54.33% |
| Fiber..... | 1.43 G | Vitamin C..... | 0.0 Mg | Saturated Fat..... | 3.00 G | 11.17% |

- Submitted by Mrs. Elizabeth Miller, Manager, Todd Co. High, Elkton, KY.

PEANUT BUTTER COOKIES *

Makes 175 cookies (large)

Bake in 375° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Flour

2 ½ qts. (or 10 cups)

Salt

2 tsps.

Soda

6 tsps.

Baking powder

4 tsps.

Raisins

1 ½ lbs.

1 qt. (or 4 cups)

Peanut butter

2 lbs.

1 qt. (or 4 cups)

Shortening

2 lbs.

1 qt. (or 4 cups)

Sugar

1 qt. (or 4 cups)

Brown sugar

1 qt. (or 4 cups)

Eggs

6

DIRECTIONS:

1. Blend first four ingredients; mix in raisins. Cream shortening, peanut butter and sugars. Add eggs and mix well. Stir in dry ingredients.
2. Using a No. 24 scoop, place cookies 3" apart on a baking sheet and flatten with a fork or hamburger turner.
3. Bake in 375° F. oven for 8 to 10 minutes or until brown and done.

| | |
|---------------------------|---------------|
| Number of Portions | 175 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 154 | Iron..... | 0.64 Mg | Protein..... | 2.38 G | 6.21% |
| Cholesterol..... | 7 Mg | Calcium..... | 16 Mg | Carbohydrates..... | 19.09 G | 49.70% |
| Sodium..... | 110 Mg | Vitamin A..... | 3 RE | Total Fat | 8.09 G | 47.38% |
| Fiber..... | 0.65 G | Vitamin C..... | 0.1 Mg | Saturated Fat..... | 1.90 G | 11.14% |

- Submitted by Mrs. Christine French, Manager, Eastern High School, Jefferson Co., KY.

SHORTBREAD COOKIES *

Makes 120 cookies

Bake in 350° oven.

INGREDIENTS**WEIGHTS****MEASURES**

All-purpose flour

4 lbs.

4 qts. (or 16 cups)

Butter

4 lbs.

2 qts. (or 8 cups)

Powdered sugar

1 lb.

3 ½ cups

Vanilla

4 tsps

Nuts, if desired

1 qt.

DIRECTIONS:

1. Combine all ingredients and mix. Portion with a No. 40 scoop; flatten with a fork or glass.
2. Bake at 350° F. for 15 to 20 minutes or until done.

| | |
|---------------------------|---------------|
| Number of Portions | 120 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 178 | Iron..... | 0.70 Mg | Protein..... | 1.70 G | 3.80% |
| Cholesterol..... | 0 Mg | Calcium..... | 7 Mg | Carbohydrates..... | 15.43 G | 34.59% |
| Sodium..... | 143 Mg | Vitamin A..... | 121 RE | Total Fat | 12.32 G | 62.13% |
| Fiber..... | 0.41 G | Vitamin C..... | 0.0 Mg | Saturated Fat..... | 2.29 G | 11.56% |

- Submitted by Mrs. Ella Smith, School Lunch Manager, Fern Creek High School, Jefferson Co., KY.

DIRECTIONS:

SNICKER DOODLES *

Makes 150 cookies

Bake in 400° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Butter or margarine

1 ½ cups

Shortening

1 ½ cups

Sugar

4 ½ cups

Eggs

6 shell eggs

Flour

2 lbs. 1 oz.

2 qts. & ¼ cup

Cream of tarter

2 Tbsp.

Soda

1 Tbsp.

Salt

¾ tsp.

TOPPING:**MEASURES**

Cinnamon

2 Tbsps.

Sugar

¼ cup & 2 Tbsps.

DIRECTIONS:

1. Cream butter, add shortening, sugar and eggs to mixture.
2. Sift flour, cream of tarter, soda and salt. Add to mixture.
3. Shape dough by rounded teaspoonfuls into balls. Mix topping.
4. Roll in topping. Place 2" apart on ungreased cookie sheet.
5. Bake until lightly brown but still soft. (These cookies puff up then flatten out).
6. Bake at 400° F. for 8 – 10 minutes in regular oven or 350° F. in convection oven until lightly browned.

| | |
|---------------------------|---------------|
| Number of Portions | 150 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 88 | Iron..... | 0.39 Mg | Protein..... | 0.98 G | 4.44% |
| Cholesterol..... | 9 Mg | Calcium..... | 4 Mg | Carbohydrates..... | 11.94 G | 54.25% |
| Sodium..... | 61 Mg | Vitamin A..... | 22 RE | Total Fat | 4.14 G | 42.28% |
| Fiber..... | 0.23 G | Vitamin C..... | 0.0 Mg | Saturated Fat..... | 0.92 G | 9.45% |

- Adapted from *Home Economics Recipe Book*, South Field, Michigan, by Mrs. Garnet Webb, Manager Pine Acres Elementary School, Fairview Independent, Ashland, KY. Also recommended by Mrs. Gladys Markwell, Jeffersontown High, Jefferson Co., KY.

SWEET POTATO COOKIE *

Makes 150 cookies
2 ½ “ Cookies

Bake in 375° oven.

INGREDIENTS**WEIGHTS****MEASURES**

| | | | |
|---------------------------------|---------------|----------|--|
| Shortening | 1 lb. + 1 oz. | 2 ¼ cups | |
| Sugar | | 5 ¾ cups | |
| Shell eggs ** | | 6 | |
| Sweet potatoes, cooked & mashed | | 6 cups | |
| Vanilla | | 1 Tbsp. | |
| Flour | | 6 cups | |
| Baking powder | | 4 Tbsps. | |
| Salt | | 1 Tbsp. | |
| Cinnamon | | 1 Tbsp. | |
| Cloves | | 2 tsps. | |
| Nutmeg | | 2 tsps. | |
| Raisins, plumped | | 1 ½ cups | |

** 1 cup dried egg and 1 cup water may be substituted for the shell eggs.

DIRECTIONS:

1. Cream together shortening and sugar then add eggs and beat until smooth. Add sweet potatoes and vanilla. **STIR WELL.**
2. Mix flour, baking powder, salt and spices. Add plumped raisins to dry mix with potatoes.
3. Drop batter with a No. 40 dipper on greased baking sheet or bake in greased sheet pan and cut in 1” bars for serving.

| | |
|---------------------------|----------------|
| Number of Portions | 150 |
| Size of Portion | serving |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 283 | Iron..... | 0.49 Mg | Protein..... | 1/02 G | 4.36% |
| Cholesterol..... | 9 Mg | Calcium..... | 28 Mg | Carbohydrates..... | 15.23 G | 65.18% |
| Sodium..... | 96 Mg | Vitamin A..... | 158 RE | Total Fat | 3.36 G | 32.40% |
| Fiber..... | 0.40 G | Vitamin C..... | 0.6 Mg | Saturated Fat..... | 0.85 G | 8.22% |

- Recommended by Mrs. Marie Sietz, Louisville Catholic Diocese, Jefferson Co., KY.

BUTTERMILK SAUCE *

Makes 100 servings

Bake in 375° oven.

INGREDIENTS

Buttermilk

Sugar

Soda

Butter

Vanilla

MEASURES

1 gal. & 1 pt. (or 18 cups)

3 qts. (or 12 cups)

2 Tbsps.

1 ½ lbs. (or 3 cups)

2 Tbsps.

DIRECTIONS:

1. Combine buttermilk, sugar, soda and butter in sauce pan.
2. Bring to a rolling boil. Boil 7 minutes. Add vanilla.

| | |
|---------------------------|-----------------|
| Number of Portions | 100 |
| Size of Portion | 2 Tbsps. |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 160 | Iron..... | 0.04 Mg | Protein..... | 1.52 G | 3.80% |
| Cholesterol..... | 2 Mg | Calcium..... | 54 Mg | Carbohydrates..... | 26.34 G | 65.75% |
| Sodium..... | 186 Mg | Vitamin A..... | 58 RE | Total Fat | 5.84 G | 32.78% |
| Fiber..... | 0.00 G | Vitamin C..... | 0.4 Mg | Saturated Fat..... | 1.26 G | 7.06% |

- Submitted by Daviess Co. High School, Daviess Co., KY.

PEANUT BUTTER BARS *

Makes 100 bars
(2 pans, 18" x 26" x 1")

Bake in 350° oven.

INGREDIENTS**MEASURES**

Shortening, butter or margarine
Peanut butter
Brown sugar
Granulated sugar
Salt
Shell eggs **
Vanilla
Sifted flour
Baking powder
Coconut or raisins

1 1/3 cups
1 pt. (or 2 cups)
1 cup, packed
1 qt. (or 4 cups)
1 tsp.
8
1 1/2 tsps
1 qt.
4 tsps.
1 qt (or 4 cups)

| |
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| |
| |

** 1 1/3 cup dried egg and 1 1/3 cup water may be substituted for the shell eggs.

DIRECTIONS:

1. Mix the first 7 ingredients at low speed until well blended.
2. Sift together flour and baking powder; mix with coconut or raisins.
3. Mix all ingredients until blended. Pour in two greased pans - 18" x 26" x 1".
4. Bake in 350° F. oven for 20 to 25 minutes or until done. Cool, cut into bars.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 133 | Iron..... | 0.57 Mg | Protein..... | 2.53 G | 7.59% |
| Cholesterol..... | 17 Mg | Calcium..... | 21 Mg | Carbohydrates..... | 19.73 G | 59.18% |
| Sodium..... | 102 Mg | Vitamin A..... | 32 RE | Total Fat | 5.53 G | 37.28% |
| Fiber..... | 0.67 G | Vitamin C..... | 0.2 Mg | Saturated Fat..... | 1.12 G | 7.59% |

- Demonstrated by Home Economist, *General Foods Corporation* at the Glasgow Kentucky School Lunch Training Program, Summer, 1959.

CHOCOLATE FROSTING *
(Uncooked)

Makes 2 to 2 ½ qts.

| INGREDIENTS | WEIGHTS | MEASURES | |
|-----------------------------|---------|-----------|-------|
| Butter | ½ lbs. | 1 cup | _____ |
| Fluid milk | | ½ cup | _____ |
| Vanilla | | 1 Tbsp. | _____ |
| Cocoa | 3 ½ oz. | 1 cup | _____ |
| Cinnamon | | 1 tsp. | _____ |
| Sifted confectioner's sugar | 3 lbs. | 10 ¾ cups | _____ |

DIRECTIONS:

1. Combine butter, milk vanilla, cocoa, and cinnamon in mixer bowl and beat.
2. Add confectioner's sugar and continue beating until mixture forms peaks. Spread over cooled cake.

| | |
|---------------------------|-----------------|
| Number of Portions | 32 |
| Size of Portion | 2 Tbsps. |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 216 | Iron..... | 0.43 Mg | Protein..... | 0.72 G | 1.33% |
| Cholesterol..... | 1 Mg | Calcium..... | 11 Mg | Carbohydrates..... | 41.87 G | 77.38% |
| Sodium..... | 69 Mg | Vitamin A..... | 58 RE | Total Fat | 6.21 G | 25.84% |
| Fiber..... | 0.93 G | Vitamin C..... | 0.1 Mg | Saturated Fat..... | 1.36 G | 5.66% |

- Demonstrated by Mrs. Mildred Ruhl, Manager, Simpsonville Elementary School, Shelby Co. in "Commo-Ditties" Kentucky School Food Service Association Convention, Louisville, April 1965, and in "Dough Talk," American School Food Service Convention, Louisville, August 1965.

QUICK CARAMEL FROSTING *

Makes 1 to 1 ½ qts. frosting

Will frost 1 cake – 12” x 20”

(Double recipe to frost 18” x 26” cake)

INGREDIENTS**WEIGHTS****MEASURES**

Butter

1 lb.

2 cups

Brown sugar

1 ¼ lbs.

4 cups

Milk

1 cup

Confectioner’s sugar, sifted

2 – 2 ½ lbs.

7 – 8 cups

DIRECTIONS:

1. Melt butter in saucepan, add brown sugar.
2. Cook over low heat 2 minutes, stirring constantly; add milk and continue stirring until mixtures comes to a boil. Cool.
3. Add confectioner’s sugar until of good consistency to spread.
4. Beat well after each addition. Spread lightly over cake.

| | |
|---------------------------|-----------------|
| Number of Portions | 32 |
| Size of Portion | 2 Tbsps. |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 283 | Iron..... | 0.38 Mg | Protein..... | 0.38 G | 0.53% |
| Cholesterol..... | 1 Mg | Calcium..... | 29 Mg | Carbohydrates..... | 45.93 G | 64.81% |
| Sodium..... | 145 Mg | Vitamin A..... | 116 RE | Total Fat | 11.29 G | 37.13% |
| Fiber..... | 0.00 G | Vitamin C..... | 0.1 Mg | Saturated Fat..... | 2.29 G | 7.27% |

- Adapted from recipes by *General Foods Corporation*, White Plains, NY.

RICHMOND CHOCOLATE FROSTING *

Makes 10 ½ cups

INGREDIENTS

Sugar
 Cornstarch
 Bitter Chocolate, or Cocoa
 Butter or margarine
 Salt
 Boiling water
 Butter
 Vanilla

MEASURES

1 ½ qts.
 1 cup & 2 Tbsps.
 12 oz. Choc., (or 2 ¼ cups cocoa)
 ¾ cup
 1½ tsps.
 1 ½ qts.
 3 lbs.
 2 Tbsps.

DIRECTIONS:

1. Mix sugar, cornstarch, chocolate or cocoa and butter, salt and boiling water.
2. Cook until mixture thickens, consistency of pudding.
3. Remove mixture from heat. Add butter and vanilla.
4. Spread on cake while hot.

| | |
|---------------------------|-----------------|
| Number of Portions | 84 |
| Size of Portion | 2 Tbsps. |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 199 | Iron..... | 0.34 Mg | Protein..... | 0.62 G | 1.25% |
| Cholesterol..... | 0 Mg | Calcium..... | 9 Mg | Carbohydrates..... | 17.38 G | 34.98% |
| Sodium..... | 215 Mg | Vitamin A..... | 146 RE | Total Fat | 14.98 G | 67.85% |
| Fiber..... | 0.78 G | Vitamin C..... | 0.0 Mg | Saturated Fat..... | 2.92 G | 13.22% |

- Submitted by Miss Eleanor Ligon, Home Economist, USDA, Atlanta, GA.

“NO COOK” WHITE FROSTING *

Makes frosting for 2 – 18” x 26” sheet cakes

INGREDIENTS**WEIGHTS****MEASURES**

Sugar

1 ½ lbs.

3 cups

Cream of tarter

1 tsp.

Egg whites

4

Boiling water – must be 212° F.

1 cup

Vanilla

4 ½ tsps.

DIRECTIONS:

1. Place first 3 ingredients in mixer and beat on No. 12 speed until well mixed.
2. Add boiling water and beat on No. 3 as long as possible.
3. The longer frosting is beaten, the better it is and the yield is increased.

| | |
|---------------------------|-----------------|
| Number of Portions | 100 |
| Size of Portion | 2 Tbsps. |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|--------|--------|
| Calories..... | 27 | Iron..... | 0.01 Mg | Protein..... | 0.14 G | 2.02% |
| Cholesterol..... | 0 Mg | Calcium..... | 0 Mg | Carbohydrates..... | 6.83 G | 99.51% |
| Sodium..... | 2 Mg | Vitamin A..... | 0 RE | Total Fat | 0.00 G | 0.00% |
| Fiber..... | 0.00 G | Vitamin C..... | 0.0 Mg | Saturated Fat..... | 0.00 G | 0.00% |

- **Best Recipe Ideas**, Georgia School Lunch Rooms, Revised 1969-70.

FOOL PROOF PASTRY *

Makes 15 double crust for 9" pan, or
5 – 18" x 26" bottom crusts.

Bake in 400° oven.

INGREDIENTS**WEIGHTS****MEASURES**

| | | |
|---------------|----------|------------------|
| Flour | 3 lbs. | 3 qts. |
| Salt | | 1 Tbsp. |
| Baking powder | | 1 Tbsp. |
| Sugar | | 3 Tbsp. |
| Shortening | 2 ¼ lbs. | 1 qt. & 1 ¼ cups |
| Shell eggs | | 3 |
| Cold water | | 1 ½ cups |
| Vinegar | | 3 Tbsp. |

DIRECTIONS:

1. Combine dry ingredients.
2. Cut in shortening until mixture is crumbly. Use mixer.
3. Add liquid ingredients in mixer. mix until all is moistened.
4. Chill dough for easier handling (Keeps in refrigerator 4 to 5 days.)
5. Roll out on lightly floured board.
6. Use as a required for recipe.
7. Bake in 400° oven as needed.

| | |
|---------------------------|---------------|
| Number of Portions | 250 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|--------|--------|
| Calories..... | 57 | Iron..... | 0.27 Mg | Protein..... | 0.64 G | 4.44% |
| Cholesterol..... | 3 Mg | Calcium..... | 4 Mg | Carbohydrates..... | 4.34 G | 30.20% |
| Sodium..... | 35 Mg | Vitamin A..... | 1 RE | Total Fat | 4.20 G | 65.75% |
| Fiber..... | 0.15 G | Vitamin C..... | 0.0 Mg | Saturated Fat..... | 1.05 G | 16.42% |

- Submitted by Mrs. Barbara Sapp, Teacher, Home Economics, Eastern High School, Jefferson Co., KY.

PEANUT BUTTER PIE *

Makes 100 servings.

(2 pans - 18" x 26" x 1") cut

INGREDIENTS**WEIGHTS****MEASURES**

Peanut Butter

7 lbs.

3 qts.

Powdered sugar

6 lbs. 7 oz.

5 qts.

Dream whip

16.4 oz.

2 bags

Peanut granules

as needed

DIRECTIONS:

1. Add powdered sugar to whipped topping and whip well.
2. Fold in peanut butter.
3. Pour mixture into graham cracker crust or baked chilled piecrust.
4. Top with peanut granules.
5. Chill and serve.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 374 | Iron..... | 0.88 Mg | Protein..... | 8.70 G | 9.30% |
| Cholesterol..... | 3 Mg | Calcium..... | 17 Mg | Carbohydrates..... | 40.58 G | 43.39% |
| Sodium..... | 184 Mg | Vitamin A..... | 5 RE | Total Fat | 21.60 G | 51.98% |
| Fiber..... | 2.02 G | Vitamin C..... | 0.0 Mg | Saturated Fat..... | 5.35 G | 12.87% |

- Made by Mrs. Ruby Vincil for Morehead University School Food Service Workshop, Supper 1975.

LEMON FLUFF *

Makes 4 sheet pans. (18" x 26" x 1")

INGREDIENTS**WEIGHTS****MEASURES****PART I:**

Lemon gelatin

2 ¼ lbs.

5 ¼ cups

Boiling water

2 qts.

Sugar, granulated

2 ¼ lbs.

Lemon juice

¼ cup

PART II

Ice water

2 qts.

Non-fat dry milk

1 lb.

1 qt.

Lemon juice

½ cup

Yellow coloring

1/8 cup

DIRECTIONS:

1. Dissolve gelatin in boiling water.
2. Add sugar and lemon juice mixing well.
3. Pour into shallow pan and chill in refrigerator
4. Make graham cracker crust in sheet pans. See recipe on next page. (Page 163)
5. Pour ingredients listed under **Part II** in a chilled mixing bowl (30 qt.)
6. Beat at No. 3 speed until mixture holds a peak. (High speed).
7. Add jello and continue beating until mixture is light and fluffy.
8. Spread on baking sheets lined with graham cracker crust. Top with crumbs.
9. Refrigerate for 30 minutes before cutting. (This will keep volume overnight.)

| | |
|---------------------------|---------------|
| Number of Portions | 40 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 540 | Iron..... | 1.13 Mg | Protein..... | 8.15 G | 6.03% |
| Cholesterol..... | 2 Mg | Calcium..... | 158 Mg | Carbohydrates..... | 92.31 G | 68.39% |
| Sodium..... | 455 Mg | Vitamin A..... | 137 RE | Total Fat | 16.57 G | 27.62% |
| Fiber..... | 0.78 G | Vitamin C..... | 1.9 Mg | Saturated Fat..... | 3.13 G | 5.22% |

- Submitted by Mrs. Dorothy Renniart, Manager, Fairdale High, Jefferson Co., KY.

GRAHAM CRACKER CRUST *

Makes crust for 4 pans.
(18" x 26" x 1")

Bake at 375°.

INGREDIENTS**WEIGHTS****MEASURES**

Graham cracker crumbs, or

2 ¾ lbs.

3 ¼ qts. or 13 cups

Graham meal

Sugar, powdered

1 ½ lbs.

5 ½ cups

Butter or margarine, melted

1 ½ lbs.

3 cups

DIRECTIONS:

1. Mix ingredients. Using 1 ¼ lbs or 1 ¼ qts. should make 1 crust.
2. Press with hands or rolling pin into sheet pans. Bake for 10 minutes at 375° F.
3. Chill in refrigerator before adding filling.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 121 | Iron..... | 0.41 Mg | Protein..... | 0.816 G | 2.70% |
| Cholesterol..... | 0 Mg | Calcium..... | 4.71 Mg | Carbohydrates..... | 15.01 G | 49.84% |
| Sodium..... | 130 Mg | Vitamin A..... | 54 RE | Total Fat | 6.56 G | 48.98% |
| Fiber..... | 0.31 G | Vitamin C..... | 0.01 Mg | Saturated Fat..... | 1.51 G | 11.26% |

- Submitted by Mrs. Dorothy Renniart, Manager, Fairdale High, Jefferson Co., KY.

PINEAPPLE RICE PUDDING *

Makes approximately 100 servings.

Bake at 375°.

1/3 cup servings

INGREDIENTS**WEIGHTS****MEASURES**

| | | | |
|-------------------|---------------|-----------------------|-------|
| Cooked Rice | 4 lbs. 11 oz. | 2 ½ qts. (or 10 cups) | _____ |
| Shell eggs | | 20 | _____ |
| Flour | 10 oz. | 2 ½ cups | _____ |
| Milk | | 5 qts. (or 20 cups) | _____ |
| Sugar | 1 lb. 2 ¾ oz. | 3 ¾ cups | _____ |
| Melted butter | | ½ cup & 2 Tbsps. | _____ |
| Salt | | 1 Tbsp & 2 tsps. | _____ |
| Crushed pineapple | 1 - # 10 can | 2 ½ qts. (or 10 cups) | _____ |

DIRECTIONS:

1. Mix flour and sugar before adding to rice. Add other ingredients and mix well.
2. Bake at 325° F. for 25 minutes or until the pudding is firm. Serve Hot or Cold.

| | |
|---------------------------|----------------|
| Number of Portions | 100 |
| Size of Portion | 1/3 cup |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 139 | Iron..... | 0.69 Mg | Protein..... | 3.86 G | 11.13% |
| Cholesterol..... | 49 Mg | Calcium..... | 70 Mg | Carbohydrates..... | 22.37 G | 64.45% |
| Sodium..... | 188 Mg | Vitamin A..... | 46 RE | Total Fat | 3.89 G | 25.22% |
| Fiber..... | 0.41 G | Vitamin C..... | 2.7 Mg | Saturated Fat..... | 1.56 G | 10.11% |

- Adapted from *Special Recipes*, Beaumont Inn, Harrodsburg, KY.

WHIPPED TOPPING *

Makes 100 servings.
1/3 cup servings

INGREDIENTS

Ice Water
Lemon juice
Vanilla
Non-fat dry milk
Sugar

MEASURES

1 pt. (or 2 cups)
½ cup
¼ cup
1 pt. (or 2 cups)
¾ cups

DIRECTIONS:

1. Chill bowl and beater for best results.
2. Pour water in mixing bowl, stir in lemon juice and vanilla. Sprinkle non-fat dry milk over top of liquid.
3. Beat with rotary beater or electric mixer until stiff, about 10 minutes.
4. Add sugar, beat until blended and stiff enough to hold peaks.

| | |
|---------------------------|-----------------|
| Number of Portions | 100 |
| Size of Portion | 2 Tbsps. |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|--------|--------|
| Calories..... | 15 | Iron..... | 0.01 Mg | Protein..... | 0.87 G | 23.05% |
| Cholesterol..... | 0 Mg | Calcium..... | 30 Mg | Carbohydrates..... | 2.84 G | 74.94% |
| Sodium..... | 13 Mg | Vitamin A..... | 0 RE | Total Fat | 0.02 G | 1.31% |
| Fiber..... | 0.00 G | Vitamin C..... | 0.5 Mg | Saturated Fat..... | 0.01 G | 0.74% |

- Adapted from *Borden's Starlac Recipe*.

CHOCOLATE PUDDING *

Makes 100 – ½ cup servings.

| INGREDIENTS | WEIGHTS | MEASURES | |
|--------------------------------|---|----------------|--|
| Milk | | 7 qts. | |
| Sugar | 3 ½ lbs. | 1 qt. & 3 cups | |
| Cornstarch, <u>or</u> Flour | 15 oz., (Cornstarch) <u>or</u> 1 lb. 5 1/3 oz. (Flour) | | |
| Cocoa | 12 ½ oz. | 3 cups | |
| Cold Milk | | 3 qts. | |
| Salt | | 1 tsp. | |
| Vanilla | | 1/3 cup | |

DIRECTIONS:

1. Heat milk in steam kettle or double boiler.
2. Blend together sugar, cornstarch (or flour), cocoa and cold milk. Add this mixture to hot milk and cook until thickened, stirring with a wire whip.
3. Remove from heat, add salt and vanilla.
4. Serve with a No. 8 scoop. (1/2 cup)

| | |
|---------------------------|--------------|
| Number of Portions | 100 |
| Size of Portion | ½ cup |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 145 | Iron..... | 1.16 Mg | Protein..... | 3.83 G | 10.58% |
| Cholesterol..... | 13 Mg | Calcium..... | 121 Mg | Carbohydrates..... | 24.89 G | 68.68% |
| Sodium..... | 73 Mg | Vitamin A..... | 30 RE | Total Fat | 3.50 G | 21.74% |
| Fiber..... | 0.77 G | Vitamin C..... | 0.9 Mg | Saturated Fat..... | 2.18 G | 13.53% |

- Submitted by Mrs. Hannah Mather, Coordinator, Jefferson Co. School Food Service Program, Louisville, KY.

PASTRY FOR PIE *

Makes 100 servings, 2 - 18" x 26" pans.

Bake in 400° oven.

INGREDIENTS

All-purpose flour, sifted
 Rolled wheat
 Salt
 Shortening
 Cold water

MEASURES

2 qts. (or 8 cups)
 1 qt. (or 4 cups)
 1 ½ Tbsps.
 3 ½ cups
 2 cups

DIRECTIONS:

1. Blend together first 3 ingredients.
2. Cut or rub in shortening until mixture is granular; add water and mix. Roll out on a lightly floured board.
3. Place pastry in 18" x 26" pans. Bake at 400° F. in regular oven 12 minutes or until brown, or bake at 350° F in a convection oven.

| | |
|---------------------------|---------------|
| Number of Portions | 100 |
| Size of Portion | 1 each |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 116 | Iron..... | 0.65 Mg | Protein..... | 1.69 G | 5.82% |
| Cholesterol..... | 0 Mg | Calcium..... | 3 Mg | Carbohydrates..... | 11.11 G | 38.29% |
| Sodium..... | 105 Mg | Vitamin A..... | 0 RE | Total Fat | 7.36 G | 57.08% |
| Fiber..... | 0.86 G | Vitamin C..... | 0.0 Mg | Saturated Fat..... | 1.82 G | 14.15% |

- Adapted from *Rolled Wheat Recipes*, Kansas Wheat Commission.

TOMATO CATSUP *

Makes 2 gallons (1 gallon will serve 100 – 2 Tablespoons each).

| INGREDIENTS | WEIGHTS | MEASURES | |
|-----------------|---------|--------------|-------|
| Water | | ½ gal. | _____ |
| Onions, chopped | ½ lbs. | 2 med. | _____ |
| Vinegar | 1 pt. | | _____ |
| Tomato paste | | 1 - # 10 can | _____ |
| Sugar | 3 lbs. | 1 ½ qt. | _____ |
| Celery salt | 1 oz. | | _____ |
| Garlic salt | 1 oz. | | _____ |
| Salt | ½ oz. | 2 Tbsps. | _____ |
| Allspice | | 2 Tbsps. | _____ |

DIRECTIONS:

1. Boil onions in ½ gallon water for 10 minutes on low heat.
2. Drain water from onions and add to vinegar.
3. Mix with tomato paste and other ingredients. STIR WELL.

| | |
|---------------------------|-----------------|
| Number of Portions | 200 |
| Size of Portion | 2 Tbsps. |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|---------|
| Calories..... | 40 | Iron..... | 0.32 Mg | Protein..... | 0.60 G | 5.97% |
| Cholesterol..... | 0 Mg | Calcium..... | 7 Mg | Carbohydrates..... | 10.17 G | 100.49% |
| Sodium..... | 187 Mg | Vitamin A..... | 38 RE | Total Fat | 0.10 G | 2.23% |
| Fiber..... | 0.69 G | Vitamin C..... | 6.8 Mg | Saturated Fat..... | 0.01 G | 0.32% |

TOMATO JUICE FROM TOMATO PASTE *

1 – No. 1 can paste plus 3 – No. 10 cans water equals 48 cups tomato juice.

- Adapted from *Hand Book*, A & M College.

CELERY SEED DRESSING *
(Good with shredded raw cabbage)

Makes ½ gallon.

INGREDIENTS

Vinegar
Sugar
Salad oil
Celery seed
Mustard, prepared
Salt

MEASURES

1 pt. (or 2 cups)
1 pt. (or 2 cups)
1 qt. (or 4 cups)
4 tsps.
4 tsps.
4 tsps.

DIRECTIONS:

1. Combine vinegar and sugar, mix until sugar is dissolved.
2. Add salad oil, celery seed, prepared mustard and salt
3. Mix thoroughly.
4. Place in jar and store in refrigerator.
5. Shake thoroughly before serving.

| | |
|---------------------------|-----------------|
| Number of Portions | 64 |
| Size of Portion | 2 Tbsps. |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 146 | Iron..... | 0.07 Mg | Protein..... | 0.04 G | 0.11% |
| Cholesterol..... | 0 Mg | Calcium..... | 3 Mg | Carbohydrates..... | 6.74 G | 18.42% |
| Sodium..... | 150 Mg | Vitamin A..... | 0 RE | Total Fat | 13.67 G | 84.00% |
| Fiber..... | 0.02 G | Vitamin C..... | 0.0 Mg | Saturated Fat..... | 2.31 G | 14.17% |

- Developed by Mrs. Margaret Hibbs, Former Manager, Foster Heights School Lunch Program, Nelson Co., KY.

FRENCH DRESSING *

Makes 1 gallon + 1 pint.

INGREDIENTS**MEASURES**

| | | |
|--------------------------|-----------------------|-------|
| Salt | 3 Tbsps. | _____ |
| Dry mustard | 1 Tbsp. | _____ |
| Paprika | 1 ½ Tbsps. | _____ |
| Pepper, white | 1 Tbsp. | _____ |
| Onion juice, if desired | 4 Tbsps. | _____ |
| Vinegar | 1 qt. (or 4 cups) | _____ |
| Salad oil | 1 qts. (or 8 cups) | _____ |
| Tomato paste, if desired | 1 ½ qts. (or 6 cups) | _____ |
| Sugar | 2 ¼ qts. (or 11 cups) | _____ |

DIRECTIONS:

Place ingredients in a jar and shake thoroughly or beat with a wire whip.

| | |
|---------------------------|-----------------|
| Number of Portions | 144 |
| Size of Portion | 2 Tbsps. |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|---------|--------|
| Calories..... | 177 | Iron..... | 0.24 Mg | Protein..... | 0.43 G | 0.9% |
| Cholesterol..... | 0 Mg | Calcium..... | 4 Mg | Carbohydrates..... | 17.84 G | 40.39% |
| Sodium..... | 155 Mg | Vitamin A..... | 31RE | Total Fat | 12.18 G | 62.04% |
| Fiber..... | 0.47 G | Vitamin C..... | 4.7 Mg | Saturated Fat..... | 2.06 G | 10.48% |

- Adapted from *Meals for Many* – Wood and Harris.

SLAW DRESSING *

Makes 1 ½ gallons.

INGREDIENTS**MEASURES**

| | | |
|-----------------------|--------------------|--|
| Tapioca | 1/3 cup | |
| Water | 1 qt. (or 4 cups) | |
| White vinegar | 2 qts. (or 8 cups) | |
| Oil | 1 qt. (or 4 cups) | |
| Sugar | 3 cups | |
| Sweet relish | 2 cups | |
| Chopped onions, fresh | 2 cups | |
| Salt | ½ cup | |

DIRECTIONS:

1. Cook tapioca in water until tender. Allow to cool.
2. Add all other ingredients and beat 3 minutes in electric mixer.

| | |
|---------------------------|-----------------|
| Number of Portions | 192 |
| Size of Portion | 2 Tbsps. |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|--------|--------|
| Calories..... | 58 | Iron..... | 0.03 Mg | Protein..... | 0.03 G | 0.20% |
| Cholesterol..... | 0 Mg | Calcium..... | 1 Mg | Carbohydrates..... | 4.92 G | 33.67% |
| Sodium..... | 312 Mg | Vitamin A..... | 0 RE | Total Fat | 4.56 G | 70.18% |
| Fiber..... | 0.06 G | Vitamin C..... | 0.1 Mg | Saturated Fat..... | 0.77 G | 11.85% |

- Developed by Mrs. Janie Redman, Former Manager, Gilmore-Lane Elementary School, Jefferson Co., KY.

SWEET OIL SALAD DRESSING *
(Fern Creek Salad Dressing)

Makes 1 ½ gallons.

INGREDIENTS**MEASURES**

| | | |
|---------------------|--------------------|--|
| Sugar | 2 qts. (or 8 cups) | |
| Dry mustard | 5 Tbsps. | |
| Paprika, bright red | 5 Tbsps. | |
| Celery salt | 5 Tbsps. | |
| Minced onion, fresh | 5 Tbsps. | |
| Oil | 1 gallon | |
| Vinegar | 1 qt. (or 4 cups) | |

DIRECTIONS:

1. Combine dry ingredients in mixer using medium speed.
2. Add oil and vinegar in a thin stream; hold measuring cup containing oil in one hand and measuring cup containing vinegar in the other hand.
3. Dressing will be consistency of thick cream. It takes about 25 minutes to add oil and vinegar. Use within four weeks. Store in dry storage area.
4. Dressing separates if refrigerated.

| | |
|---------------------------|-----------------|
| Number of Portions | 192 |
| Size of Portion | 2 Tbsps. |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|--------|--------|
| Calories..... | 195 | Iron..... | 0.04 Mg | Protein..... | 0.11 G | 0.15% |
| Cholesterol..... | 0 Mg | Calcium..... | 0 Mg | Carbohydrates..... | 8.73 G | 18.09% |
| Sodium..... | 0 Mg | Vitamin A..... | 10 RE | Total Fat | 6.87 G | 83.87% |
| Fiber..... | 0.04 G | Vitamin C..... | 0.1 Mg | Saturated Fat..... | 1.16 G | 14.17% |

- Developed by Mrs. Ella Smith, Manager, Fern Creek High School, Jefferson Co., KY.

SALAD DRESSING USING TOMATOES *
(Fern Creek Salad Dressing)

Makes 1 gallon.

INGREDIENTS**MEASURES**

| | | |
|------------------------------|----------------------|-------|
| Vinegar | 1 qt. (or 4 cups) | _____ |
| Salad oil | 1 qt. (or 4 cups) | _____ |
| Sugar | 1 pt. (or 2 cups) | _____ |
| Salad dressing or mayonnaise | 1 ½ pts. (or 6 cups) | _____ |
| Salt | 2 tsps. | _____ |
| Tomatoes, canned | 1 qt. (or 4 cups) | _____ |

DIRECTIONS:

1. Drain tomatoes, break them into small bits with a wire beater or mixer.
2. Mix all ingredients, except tomatoes, until thoroughly blended.
3. Blend tomatoes and mixture.

NOTE: This dressing is especially good for tossed salad when color is needed.

| | |
|---------------------------|-----------------|
| Number of Portions | 128 |
| Size of Portion | 2 Tbsps. |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|--------|--------|
| Calories..... | 149 | Iron..... | 0.10 Mg | Protein..... | 0.18 G | 0.49% |
| Cholesterol..... | 6 Mg | Calcium..... | 4 Mg | Carbohydrates..... | 4.13 G | 11.11% |
| Sodium..... | 106 Mg | Vitamin A..... | 13 RE | Total Fat | 15.01G | 90.88% |
| Fiber..... | 0.08 G | Vitamin C..... | 1.1 Mg | Saturated Fat..... | 2.04 G | 12.35% |

- Submitted by Mrs. Lucy Kessinger, Formerly of South Christian High School, Christian Co., KY.

WHITE HOUSE DRESSING *

Makes 1 gallon

INGREDIENTS**MEASURES**

| | | |
|----------------------------------|-------------------------------|--|
| White sugar | 1 qt. & 1 cup (or 5 cups) | |
| Vinegar (white preferred) | 1 qt. (or 4 cups) | |
| Vegetable oil | 1 qt. (or 4 cups) | |
| Green peppers, sweet | 4 | |
| Pimentos | 4 small cans (or 1 - # 2 can) | |
| Onions | 4 small | |
| Mustard, prepared | ½ cup | |
| Salt | ¼ cup | |
| Worcestershire sauce, if desired | ½ cup | |

DIRECTIONS:

1. Mix sugar, vinegar, and vegetable oil until sugar is dissolved.
2. Grind peppers, pimentos and onions together. Stir into other ingredients.
3. Let stand for 3 hours before serving on salad.

NOTE: Keeps indefinitely, if kept in refrigerator.

| | |
|---------------------------|-----------------|
| Number of Portions | 128 |
| Size of Portion | 2 Tbsps. |

| | | | | | | |
|------------------|--------|----------------|---------|--------------------|--------|--------|
| Calories..... | 95 | Iron..... | 0.07 Mg | Protein..... | 0.11 G | 0.46% |
| Cholesterol..... | 0 Mg | Calcium..... | 2 Mg | Carbohydrates..... | 8.73 G | 36.81% |
| Sodium..... | 245 Mg | Vitamin A..... | 6 RE | Total Fat | 6.87 G | 65.16% |
| Fiber..... | 0.12 G | Vitamin C..... | 3.7 Mg | Saturated Fat..... | 1.16 G | 10.96% |

- Submitted by Mrs. Mildred Engle, Former Manager, Shyrock School, Jefferson Co., KY.